
THE BEAUTY EXPERT
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APR
WOULD YOU LET YOUR DOCTOR Snapchat Your Surgery?
Your 7-Day Plan for GLOWING SKIN
The Beauty of Diversity
41 women of color speak up—and speak out


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1



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[INSTA-DETOX FOR PURE, BRIGHT, AND REFINED SKIN]



FOR OILY SKIN

PURIFY

THIS MASK WITH 3 PURE CLAYS + EUCALYPTUS DRAWS OUT IMPURITIES AND VISIBLY TIGHTENS PORES. SEE SMOOTHER, MORE MATTIFIED SKIN.

FOR DULL SKIN

BRIGHTEN

THIS MASK WITH 3 PURE CLAYS + CHARCOAL DRAWS OUT BUILT-UP DIRT AND POLLUTION. SEE BRIGHTER SKIN AND A MORE EVEN SKIN TONE.

FOR ROUGH TEXTURED SKIN

EXFOLIATE

THIS MASK WITH 3 PURE CLAYS + RED ALGAE GENTLY EXFOLIATES DEAD SKIN CELLS AND UNCLOGS PORES. SEE SMOOTHER, REFINED SKIN.

L'ORÉAL

SKIN EXPERT/**PARIS**



APRIL
IN THIS ISSUE

BEAUTY REPORTER

FASHION

NEWS & TRENDS

PATRICK DEMARCHELIER



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MOROCCAN
AND
ROLLIN'
LET LIFE IN
to your hair and your head
Herbal Essences
bío:renew
0%
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argan oil
of morocco
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APRIL



142

DAFT PINK
Soft colors that make a strong impact. Makeup colors: Eyeshadow in Freelove and Woodstock, Afterglow Blush in Quickie, and Vice Liquid Lipstick in Vanity Kills by Urban Decay.

BEN HASSETT

FEATURES

REGULARS



ON THE COVER

Dilone, Imaan Hammam, and Aamito Lagum's makeup looks can be re-created with the following: Oh Sugar lip balm in Cupcake, Easy Breezy Brow Shape + Define Brow Mascara in Rich Brown, Katy Kat Pearl Shadow + Highlighter in Tiger Rose and Tiger Eye, and Perfect Point Plus Eye Pencil in Espresso by CoverGirl. From left: Wool bodysuit by Wendelborn. Knit top by Bottega Veneta. Silk top by Narciso Rodriguez. Photographed by Patrick Demarchelier. Hair: Ward. Makeup: Romy Soleimani. Manicure: Donna D. Fashion stylist: Laura Ferrara. Prop stylist: Cristina Forestieri. Details, see Shopping Guide.



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Daily Youth Restoring Serum
Sérum Quotidien
Rénovateur de Jeunesse
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NEW YORK
[1]US clinical test, 25 women at 12 weeks. [2]US clinical test, 44 women. ©2017 Elizabeth Arden, Inc.

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BRAID *Secrets*

Eleven ultracool hairstyles to rock this festival season, from double French braids to box braids. Get fresh ideas at **allure.com/pretty-braids**.



Double-Tap That

Discover new trends, get behind-the-scenes access, and see what products our editors are currently obsessing over by following us on Instagram at **@allure**.

OPI Infinite Shine 2 Gel-Lacquer in Two-timing the Zones

From A to Z

Top skin-care experts break down the most popular—and cryptic—ingredients in your favorite products at **allure.com/skin-glossary**.

Above, from left: Glossier Priming Moisturizer Rich, Lancôme Visionnaire Crescendo Progressive Night Peel, Shiseido White Lucent All Day Brightener, and Philosophy Time in a Bottle for Eyes.

FROM TOP: **SCOTT TRINDLE**/MANAGEMENT + ARTISTS/AUGUST; **JOSEPHINE SCHIELE** (2)


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What's your in-flight beauty tip?

"Extra bobby pins and a Bloody Mary, for the, uh... vitamins." — LOREN SAVINI

"Elizabeth Arden Eight Hour Cream." — VALERIE THOMAS

"A flying-phobe's best friend: Xanax. Calm mind, calm skin." — LORI SEGAL

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What's your in-flight beauty tip?

"Shea-butter hand cream is a lifesaver."

"Lots of sleep and a good carry-on-friendly moisturizer."

JOSEPHINE SCHIELE



The Women of April

To all the women of color who shared the highly personal experiences of living in their own skin—and skin tone—in this issue, thank you. Thank you for your openness, your sincerity, your frank discussion of intolerance, self-acceptance, and love. And thank you for reminding us that the most beautiful skin tone of all is the one that's yours.



FOR PHOTOGRAPHERS' CREDITS, SEE CREDITS PAGE.


Acne.
Meet your mask.
Breakouts just won't back down?
Struggle no more. Now you can clear up your acne with
the clinically proven light therapy technology dermatologists use.
Neutrogena introduces the Light Therapy Acne Mask.
THESE COLORS WORK FOR YOU
Blue light penetrates just beneath the skin's surface to kill acne-causing bacteria, while red light goes deeper to reduce inflammation. (98% saw fewer breakouts!)
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LIGHTS, PLEASE
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FIGHT NICE
Light therapy treats breakouts in the nicest possible way. It uses LED light, which is UV free and suitable for all skin types.
Neutrogena
NEW
Light Therapy
Acne Mask
Neutrogena
© J&JCI 2017
Olivia Holt
See what's possible.
Explore more at acnemask.com



From left: Dilone, Lagum, and Hammam danced between takes. These pages: For fashion credits, see Shopping Guide.



SUNSHINE STATE

Behind the scenes at *Allure*'s cover shoot with models Dilone, Aamito Lagum, and Imaan Hammam.

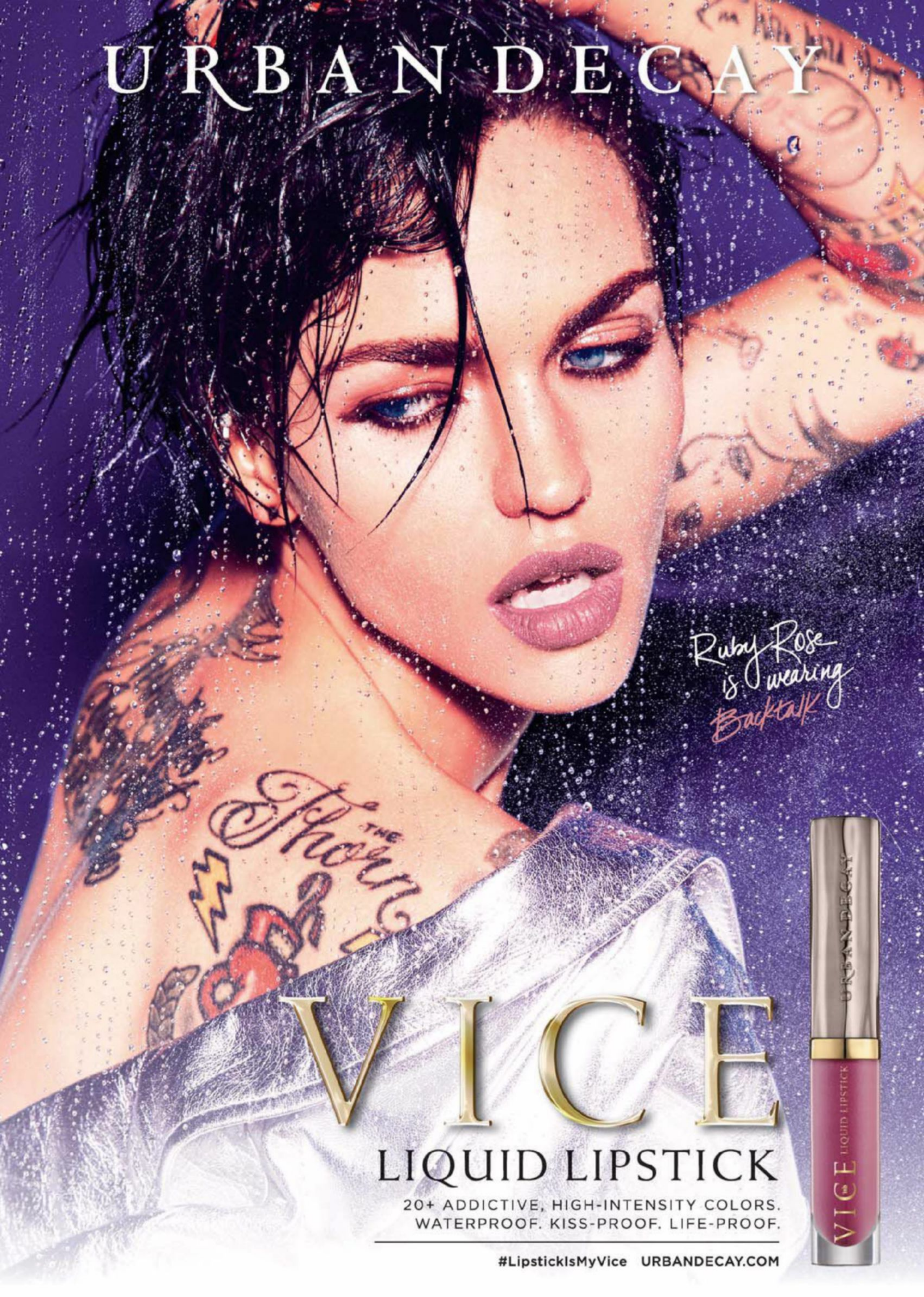
There were selfies, hugs, and a few playful butt slaps. Platters of fresh ceviche and stone crabs. And hips swaying to dub beats. But this wasn't the best beach party ever: It was *Allure*'s April cover shoot on Crandon Park Beach in Key Biscayne, Florida.

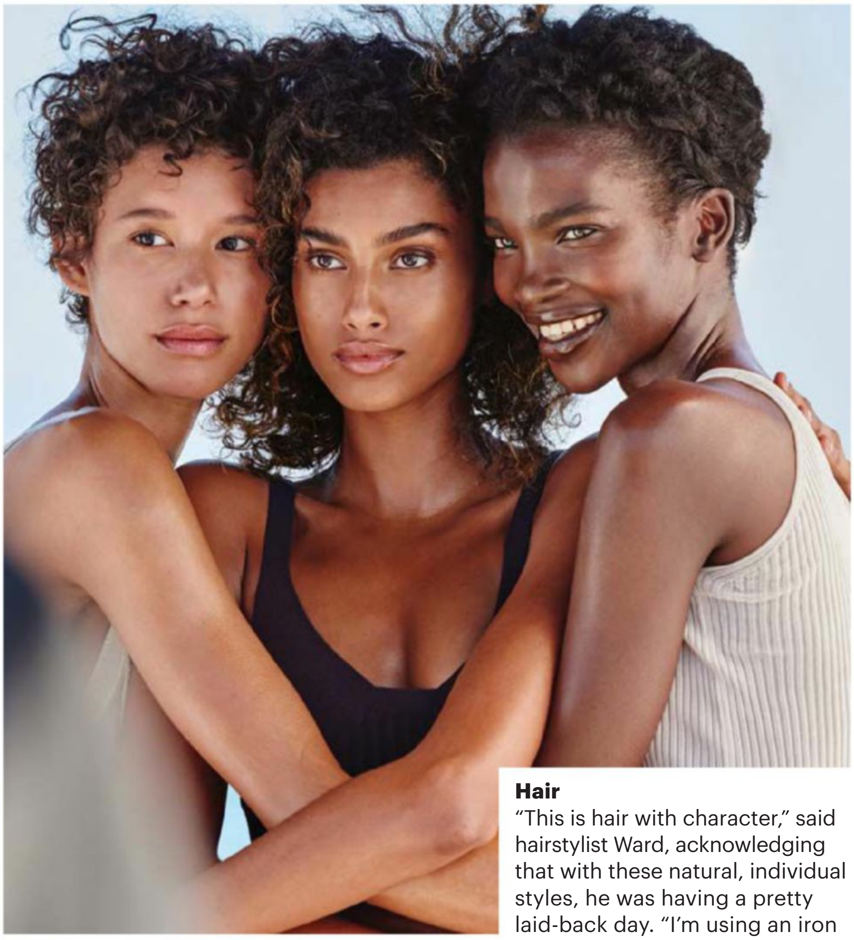
"We're all friends, so it's awesome that you got us all together," said Dilone, who, along with fellow models Lagum and Hammam, was photographed by Patrick Demarchelier for a celebration of the diversity in beauty in 2017.

"Having these beautiful girls with coloring that is just magical, I wanted to choose clothes that complemented them," said stylist Laura Ferrara. Racks of gauzy bronze, brown, and beige dresses and pants gave "a nod to the '80s in an organic, free-spirited way," while gold statement earrings glimmered like the sun on the Atlantic, where the women splashed around before their final shot of the day. —**PATRICIA TORTOLANI**

Go behind the scenes with Dilone, Lagum, and Hammam on the set of our photo shoot at allure.com/models-bts.

LUCIE HUGARY (2)


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BEAUTY LESSONS

Hair
"This is hair with character," said hairstylist Ward, acknowledging that with these natural, individual styles, he was having a pretty laid-back day. "I'm using an iron to define some of the curls and adding grooming cream to protect against the humidity, but that's it. I want it wild and unstyled. No hocus-pocus."

Makeup
Makeup artist Romy Soleimani skipped foundation and used a blend of oils and highlighters to emphasize the models' skin tones. She layered gold and bronze cream shadows on the eyelids, tapped the gold shade on the cheekbones, then dabbed on an oil-based lip treatment.



The models' looks can be re-created with the following (clockwise from top): Oh Sugar lip balm in Cupcake, Easy Breezy Brow Shape + Define Brow Mascara in Rich Brown, Katy Kat Pearl Shadow + Highlighter in Tiger Rose and Tiger Eye, and Perfect Point Plus Eye Pencil in Espresso by CoverGirl.

FROM TOP: **LUCIE HUGARY; JOSEPHINE SCHIELE**



Maui MOISTURE hair care
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Nourish & Moisture + Coconut Milk
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wholesome beauty
...for ALL hair types.

The Skin We're In

In 41 years, my skin has accomplished a lot. It endured an astonishing ten-inch growth spurt at age 16, leaving a grid of stretch marks on my hips as a souvenir. It's ballooned—twice—to insane proportions while pregnant. And it's weathered its share of sun damage during those reckless "invincible" years while still miraculously keeping me protected.

Frankly, judging by my parents, good skin runs in my family. I admit I was willfully blind to the dangers of the sun in my more naive years. Three-hour summertime field-hockey practices without sunscreen? Meh, I'll be fine, Mom. I ended each school year a shade of caramel latte and started the next as a dark roast. So I get how people can ignore prevailing wisdom. Applying and reapplying sunscreen is inconvenient. It's messy. It's a form of health insurance that we're never quite sure we'll need.

Of course, I've learned a lot about skin care over the years, and specifically about sun care.

Sadly, these days, I can't tell whether the fear of wrinkles is scarier to people than the fear of skin cancer. Two years ago, my husband lost his best friend to melanoma, and it's changed our lives. He was an athlete—young, fit, vibrant—with a family. It's all facts and figures until it becomes real in your life. And let me tell you: It is real, and it is frightening. An alarming number of people in this country still don't protect their skin from the sun. A 2013 survey found that only 29.9 percent of American women (and 14.3 percent of men) regularly use sunscreen on both their faces and other exposed skin when outside in the sun for more than an hour.

Dear *God*, please stop using tanning beds if you're still one of the stubborn holdouts. And whatever your motivation, wear a product with SPF 30 every day and practice good sun care. Yes, those steps might protect you from crow's-feet and laugh lines, but they might also save your life—and your *kids'* lives. I gotta say, as accomplishments go, skin that's protected from cancer is a tough one to beat.



xo Michelle

Michelle Lee, Editor in Chief
@heymichellelee

FROM LEFT: **JOSEPHINE SCHIELE; HANNAH CHOI**


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Love Relentlessly
If I told you that I love you,
would you hold it against me ...
Love Relentlessly
THE NEW FRAGRANCE BY
TORY BURCH


TORY BURCH
Love Relentlessly
If I told you that I love you,
would you hold it against me...
Love Relentlessly
THE NEW FRAGRANCE BY
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Talking Beauty *WITH PHILLIPA SOO*

How the star of *Hamilton* and *Amélie* leaves her mark on Broadway—but never on a costar's cheek.

By Elizabeth Siegel

Wool vest and silk top by Michael Kors Collection. These pages: Hair, Jamal Hammadi; makeup, Samuel Paul. Fashion stylist: Emma Wyman. Details, see Shopping Guide.

PHOTOGRAPHED BY CLARA BALZARY

If you've spent a Sunday afternoon refreshing Ticketmaster or scouring Broadway for scalpers or belting out "Stay Alive," then you already know Phillipa Soo—at least, you know her alias Eliza Schuyler Hamilton. "I was very proud to be a part of something that reminds us that we come from all different sorts of places and that we're all just trying to live the best lives we can," says Soo, in a voice that's clear and bright and, holy cow, really strong. Because the 26-year-old's vocal cords aren't those of a normal human. They're a Grammy-winning phenomenon: From opening night until last July, Soo made Broadway a little better, a little cooler as *Hamilton*'s leading lady. And this month, she's moving two blocks north to the Walter Kerr Theatre, stepping into the quirky French lead in *Amélie*. "When you're on a show schedule, everything is heightened," says Soo. "You're always aware of what works and what doesn't so you can be at your best." For Soo, that meant practicing roughly 23 hours a day. It also meant overhauling her skin-care routine and finding one perfect cherry-red lipstick.


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Vitamin
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Smile. And see how good it feels.
For cleansers that #MakeUp4Makeup visit SimpleSkincare.com
simple
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"I have really straight lashes, but if I curl them and put on this mascara, it holds the curl well," says Soo of 100% Pure Fruit Pigmented Ultra Lengthening Mascara. "And it smells like berries."



Poplin top by Emilio Pucci. Details, see Shopping Guide. Below: Sircuit Skin Cosmeceuticals Day Care Protective Day Moisturizer "smells like a cookie," says Soo.



On preshow rituals: "There's a very old tradition of theater actors doing their own makeup. It's like putting on your mask. There's an element of storytelling involved in it—you put on your character when you put on your makeup. At least that's how I like to look at it."

On products that smell good enough to eat: "I think I'm obsessed with food. Maybe that's why I'm making the transition to organic products—they just feel yummy. I like vanilla scents. I like mint. I like sage. I like the idea of smelling blackberries every time I blink. It's so good."

On climate challenges: "The heat, the air conditioners, the environment in general—the theater can be so drying. At night, I'll do coconut oil or almond oil on my face as a mask to replenish my skin. I've found those are so simple but work better than any other product. Coconut oil is so good, but if you don't want to smell like a cookie, sweet-almond oil isn't as pungent."

On kissing with lipstick: "I did a show where I had to kiss my fellow actor, but I also had to wear a really bright red lip. So what you can do is put a translucent setting powder on your finger and just press it on top of your lip color and it'll stay. And it worked! Make Up For Ever HD Microfinish Powder works really well."

On making questionable life choices: "When I was in middle school, I had these very funky highlights in my hair. I felt really cool, but I don't think it was very flattering. But I learned from it, and now I laugh about it."

On the Metropolitan Transit Authority: "I've become hyperaware of the fact that there are germs everywhere. But I like Dr. Bronner's Lavender Organic Hand Sanitizer, because it feels like it's natural, it doesn't make my skin dry, and it smells great. If I've been riding on the train all day and I have to go to lunch, I just spritz my hands real quick and feel good that I did that."

On decompressing after a show: "At the end of the night, I have my show makeup on. If I want to go out and say hi to some friends without having to go through the process of doing my makeup over again, it's easy to throw on a different lip color, like Tarte Tarteist Creamy Matte Lip Paint in Bae. It's a beautiful red. It's classic."





Above: Soo in the musical adaptation of *Amélie*. Right: Soo received a Tony nomination for her portrayal of Eliza Schuyler in *Hamilton*.

FOR PHOTOGRAPHERS' CREDITS, SEE CREDITS PAGE.


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VOLUME
EXTREME
VOLUME
FALSE LASH
LOOK
VOLUME
& CURL
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Skin Tone

Light, medium, dark—as if it were that simple. A look at how the world has redefined shades, reimagined labels, and broken down barriers. —REPORTING BY JESA CALAOR

1937

YEAR MAX FACTOR INTRODUCED Pan-Cake, the first commercially available foundation. It cost $1.50 and came in six shades.

20,000

NUMBER OF SKIN TONES THAT Lancôme's Le Teint Particulier Custom Made Makeup is able to match using a computerized color-blending algorithm.

$80

PRICE OF A BOTTLE OF THE custom-made foundation.

16,000

NUMBER OF CARROTS PRESIDENT Trump would have had to consume over the last 15 years to develop his unnaturally orangish skin tone from carotenemia.

2,500

NUMBER OF SKIN TONES captured by artist Angélica Dass in *Humanae,* her ongoing series of portraits of people standing in front of Pantone shades that match their skin color.

105

NUMBER OF BOTTLES of Black Opal Ebony Brown foundation that Brazilian ballerina Ingrid Silva uses every season to paint her pointe shoes to match her skin tone.

2016

YEAR MATTEL UNVEILED its Barbie Fashionistas, a collection of dolls with seven different skin tones.

JOSEPHINE SCHIELE


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*101 women ages 18-55 had at least one of a list of improvements.
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Haute Stone
Steely Serene
- Featured Shade -
Mud Mask
Glow with the Flow
Chai on Life
Blushed Petal
Powder Room



"When I'm on stage, rocking my lashes and my crazy little outfits—with my hair blowing and my dancers with me—I feel so beautiful."

Beauty Unfiltered

PRODUCED BY **allure** WITH *Walgreens*

For rapper and singer Lizzo, beauty starts with doing what she loves.

Good to Glow

"Living your truth is the ultimate glow up," says Lizzo. Her go-to look—a sheer lip, thick lashes and a smoky lid—doesn't compete with her shine. "Beauty products are there to enhance the natural glow that you already have," says the 28-year-old "Scuse Me" singer, "not hide it."


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hair care
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At Oscar de la Renta, a touch of teasing enhanced the models' natural textures.



To create the pumped-up, roughed-up beehives at Anna Sui, stylists used texturizing shampoo, mousse, and hair spray.

SIZING UP

Big hair used to mean big cheesy. But the volume we saw on the spring runways was a little messy, totally cool, and utterly sexy.



A tousled texture gave the low ponytails at Sportmax an easy, lived-in look.

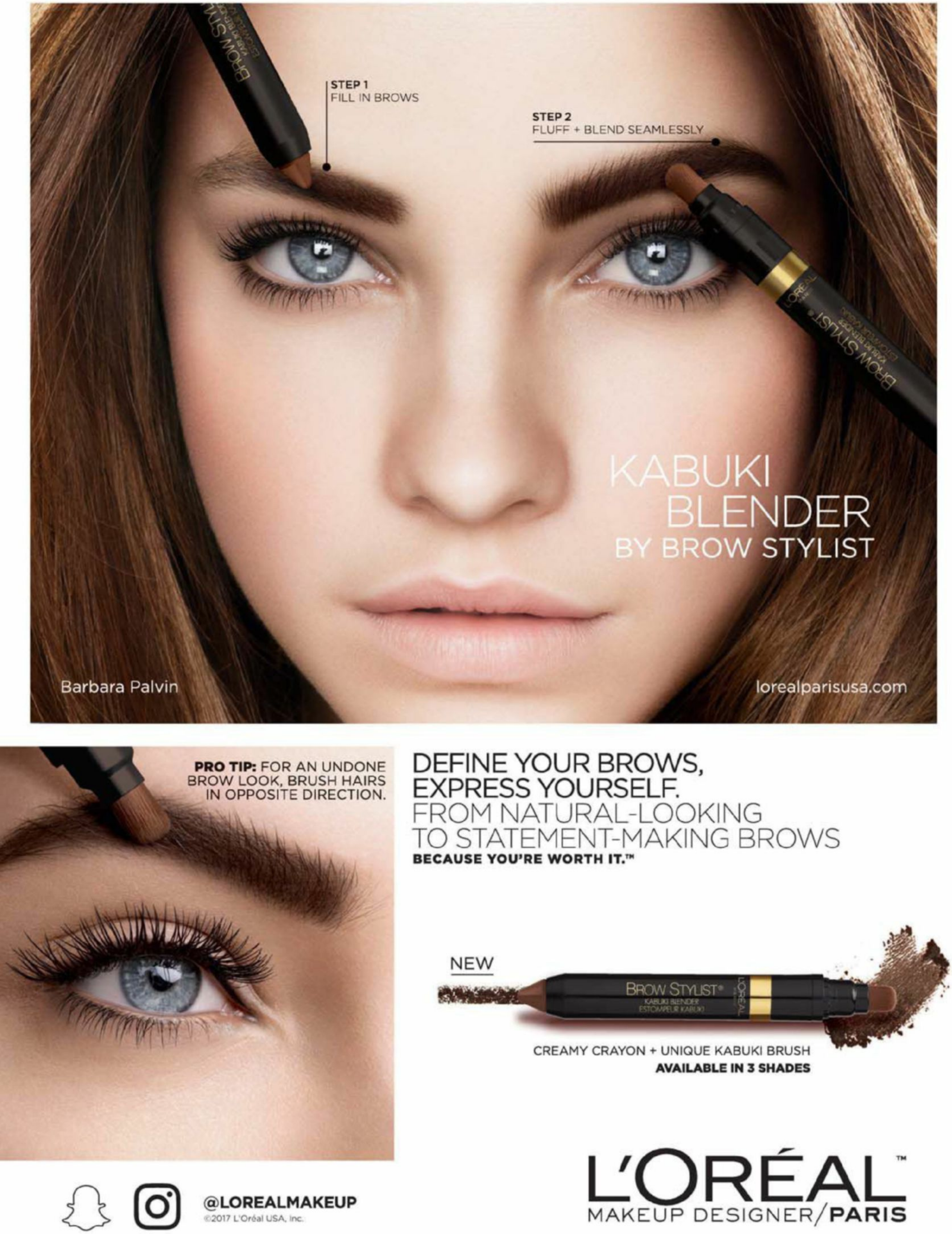


At Reem Acra, fluffy curls were twisted and piled on top of the head.



Mini bangs and beachy waves at Zero + Maria Cornejo.

CLOCKWISE FROM TOP LEFT: **JASON LLOYD-EVANS**; **PETER WHITE**/GETTY IMAGES; IMAXTREE; **JASON LLOYD-EVANS**; IMAXTREE


STEP 1
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STEP 2
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Beauty School

BY LEXI NOVAK



Delpozo

THE GLOW DOWN

You've been wearing blush forever, you say. Yes, we have, too. But before you do your usual two-second swipe, consider these fresh new ways to highlight your cheeks.

Flower Beauty Flower Pots Powder Blush in Sweet Pea

1 **Innocent.** Look in a mirror and smile. See those rounded areas? That's not where the blush goes. You want it just below for a youthful but not doll-like look.

2 **Sexy.** Blend a brick-red or fuchsia cream blush along the outer cheekbones and then up around the temples in a C shape to sculpt and contour.

3 **Lit.** For cheeks that you would swear glow from within, rub a rosy cream blush along the cheekbones, then top it with an iridescent white powder.

FROM TOP: IMAXTREE; **JOSEPHINE SCHIELE**

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HOW-TO: RODARTE GLITTER CUTICLES



Rodarte



Morgan Taylor Professional Nail Lacquer in Glitter & Gold and Butter London 6-Piece Nail Art Tool Set

We push them; we snip them; we ignore them. But at the Rodarte show, manicurist Tracylee highlighted cuticles, tracing them with gold glitter. "It's like jewelry for your nails," she says.

Step 1. Swipe nails and cuticles with a cotton pad soaked in rubbing alcohol to remove any natural oils and help the polishes adhere better.

Step 2. Paint nails with one coat of opaque nude polish.

Step 3. Using a thin detail brush, draw a single line of gold glitter around the entire border of the nail, keeping the polish on the skin.

Step 4. Skip the topcoat. "We wanted that mix of textures and didn't want shiny to compete with shiny," Tracylee says.

PLAYING MATCHMAKER

Color-correcting—relying on complementary shades to even out skin discoloration—is awesome. Genius, even. But it's also a little baffling. Makeup artist Vincent Oquendo gives a quick refresher on makeup color theory.

Peach and orange are your best bets for covering brown spots and undereye circles, says Oquendo. Using your fingertip, tap the color-correcting cream where needed, and follow with your usual foundation. If your circles need even more lightening, top them with a thin layer of skin-toned concealer.

Green does counteract red—but you don't want to walk out the door looking like an alien. For general inflammation, try a sheer green-tinted primer. To hide a honking-red pimple, dab the spot with green concealer to neutralize the redness, then use a brush to blend your regular concealer on top of it.

A lilac or soft pink primer will pep up sallow skin instantly. Smooth on a silicone-free formula with subtle light reflectors, then top it with a luminous-finish foundation.

Clockwise from top: Becca First Light Priming Filter Instant Complexion Refresh, Physicians Formula Mineral Wear Cushion Corrector + Primer Duo in Yellow/Green, and Make Up For Ever 5 Camouflage Cream Palette in Professional Corrective Shades.

IMAXTREE (3); **JOSEPHINE SCHIELE** (STILL LIFES)



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SO CHARMING

Pins, rings, butterflies, and things. When it comes to dressing up our hair this spring, the question is: What won't we pile on?



Dolce & Gabbana





Valentino couture

The first rule for wearing hair accessories this spring: Go all in. No wussing out with a single dainty pin tucked at the base of a bun. You want your charms front and center—and on the side, too. Second rule: Stop being so fancy about it all. Sure, you can wear bling-y clips with a gown, but they look just as cool with a T-shirt and jeans. In fact, they look cooler. As for the hairstyle that is framing the charms, hairstylist Chris Appleton likes a ponytail, a chunky braid, a messy bun—as long as there's plenty of texture. "You want to make sure you have a lot of grit so the accessories have a good anchor," he says. Second-day hair holds clips better than freshly washed hair, but if grime just isn't your thing, a little dry shampoo will give clean hair some grip.

Clockwise from top left: Lelet NY hair comb; Urban Outfitters butterfly hair clips; Lelet NY hairpin and comb; Jennifer Behr hairpins. Details, see Shopping Guide.



Alexander McQueen



Keira Knightley



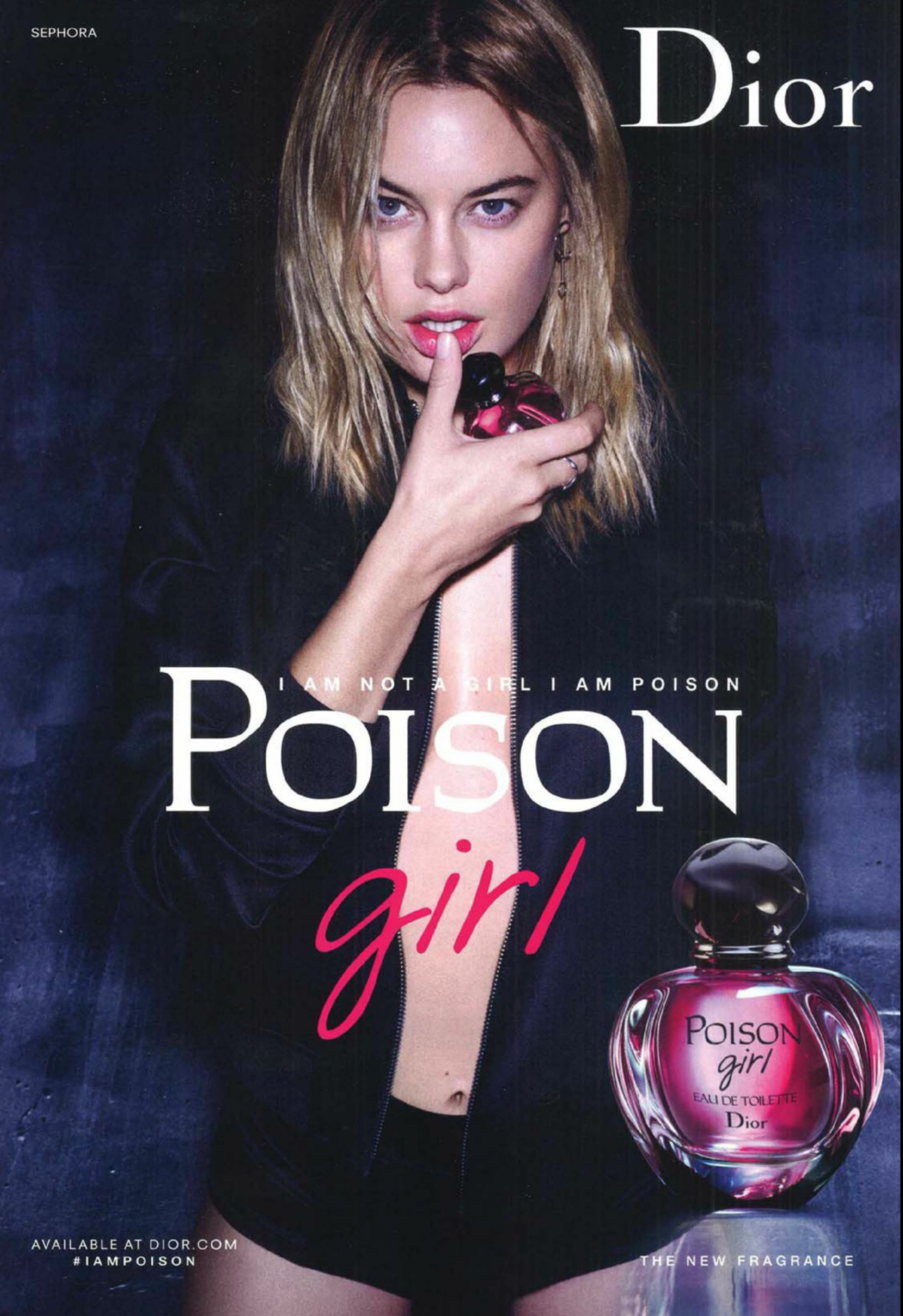


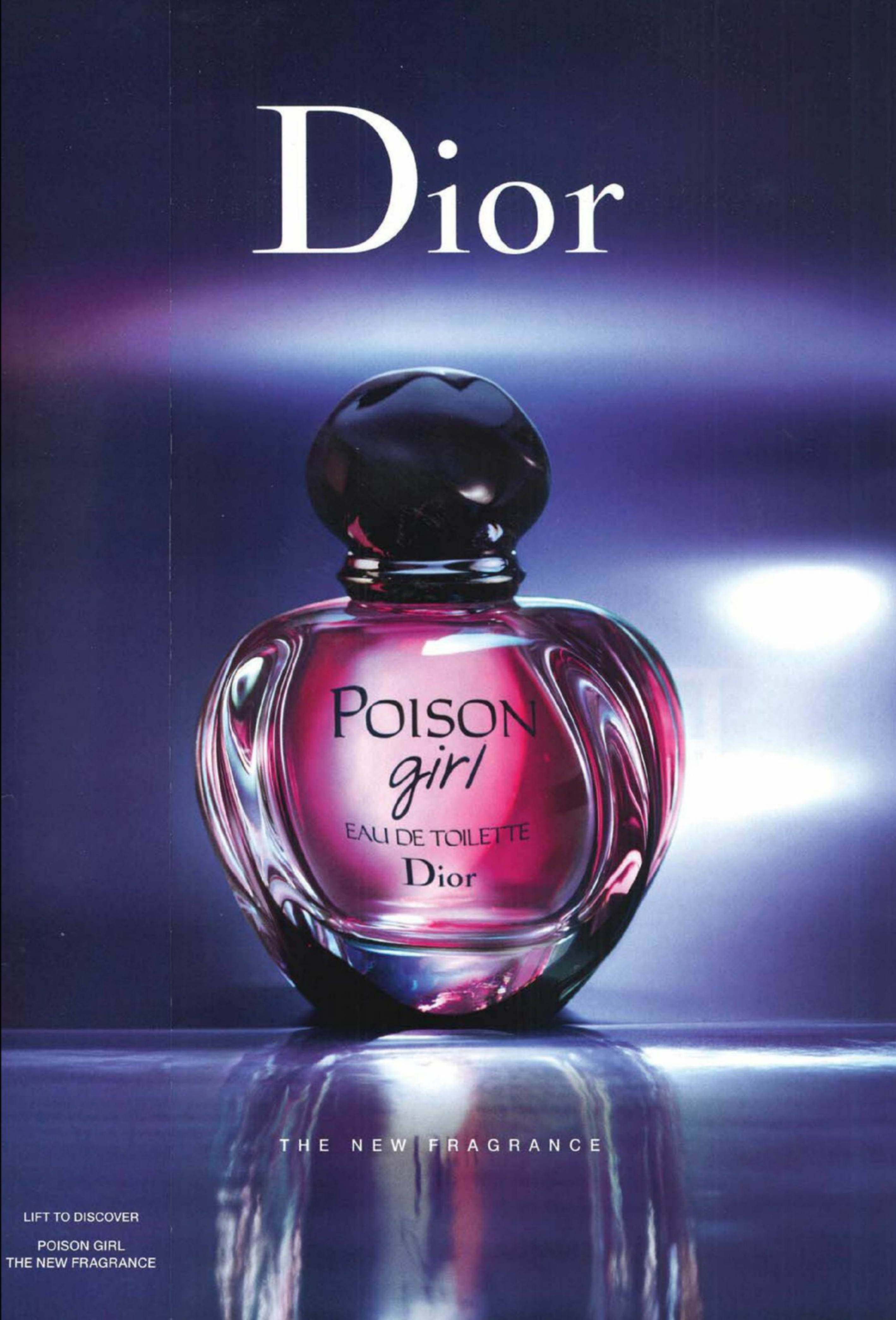


LET ME TELL YOU

"I have this silicone mask that I bought on Amazon. I'll layer on my favorite skin-care products, and then I'll put it on top to keep them from drying out. It's this thin, reusable silicone mask; you just rinse it after you use it." **—Linda Evangelista**

FOR PHOTOGRAPHERS' CREDITS, SEE CREDITS PAGE.


SEPHORA
Dior
I AM NOT A GIRL I AM POISON
POISON
girl
POISON
girl
EAU DE TOILETTE
Dior
AVAILABLE AT DIOR.COM
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THE NEW FRAGRANCE


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AN AMAZING MINGLE
OF OIL AND SCRUB
Feed your skin from the outside in with our new grapeseed oil and coconut face scrub. Get visibly glowing skin. ♥ delicious nature.

Beauty Reporter



Three gorgeous cases for copper, clockwise from left: Amber Heard, Ellie Bamber, and Adwoah Aboah.





LOOK WE LOVE

Copper Tone

Discover copper lids and you'll wonder where they've been all your neutral-loving life. The look is delicate enough to wear all day long, sultry enough to ensnare anyone you wink at, and—here's the clincher—it works on every last skin tone. For real. Dust the tawny metallic from lash to crease (or beyond) as Bamber and Aboah did here, or double down by smudging it into your lower lash line like Heard. There you have it: all the sex appeal of a sooty smoky eye, warmed up and shot through with shimmer. Here's to a sizzling spring. —JESSICA CHIA

Make Up For Ever Star Lit Powder in Copper. Top right: Anastasia Beverly Hills Eye Shadow in Wine.

FOR PHOTOGRAPHERS' CREDITS, SEE CREDITS PAGE.

EDITORS' FAVORITES

THE STUFF WE PLAN TO STEAL FROM THE BEAUTY CLOSET WHEN NO ONE'S LOOKING.



Clarins Hydra-Essentiel Cooling Gel. We refrigerate ours to calm our skin after a killer workout—or commute. $48.

OPI Infinite Shine 2 nail polish in That's Hula-rious, Do You Sea What I Sea?, and Is That a Spear in Your Pocket? The beachiest blues this side of the North Shore. $12.50 each.



Nest Fragrances Black Tulip. It's named for a flower that's a symbol of love and justice in a classic French novel—a lot for a perfume to live up to. But this sweet blend of violet and plum is lovely and perfectly balanced. $72.



Dior Addict Lip Glow Color Reviver Balm in Berry. It's a balm! It's a lipstick! It's a... blipstick! A swipe of this sheer purple gives your lips a hit of glossy, berry, sex-pot-y depth. $33.

Milani Spotlight Face & Eye Strobe Palette in Golden Light. This swirl of deep-gold, rose-gold, and bronze powders feels creamy (a cool trick) and goes on soft and glitter-free. $12.



Lancôme Grandiôse Liner in Fuchsia, Silver Snow, and Matte Saphir. These club-kid-bright liners call for guts but almost no skill. They go on in a single silky swoosh. $32 each.



Elizabeth and James Nirvana Rose Dry Shampoo. One of our favorite texturizers now gives us second-day Olsen-twin hair that exudes even more sexy-cool: a musky rose scent. $28 (available in May).

JOSEPHINE SCHIELE (STILL LIFES)





17%

OF ADULTS IN THE UNITED STATES REPORT SUFFERING FROM AT LEAST ONE ECZEMATOUS SYMPTOM.

Eczema tends to show up on the hands, wrists, upper chest, eyelids, inner elbows and knees, ankles, and feet.

SCALY-SKIN FIXES

If you don't have eczema, a skin condition that shows up in the form of flaky, rough, red or brown patches, you might not know there isn't a cure for it. If you're one of the roughly 32 million people in the U.S. who do have it, you can't forget. The skin freak-outs are embarrassing (at best) and painful, raw, and itchy (at worst). Current treatments—over-the-counter moisturizers, bleach or oatmeal baths, and prescription corticosteroids and antihistamines—help, but they're stopgap solutions and don't work for everyone. Which is why more than 20 medications targeting eczema are now in development, says Chicago dermatologist Jonathan Silverberg. Welcome news. And some more: One of those new treatments, targeting moderate to severe eczema, is expected to be available this spring.

An injectable drug known as dupilumab (brand name: Dupixent) was given priority review by the FDA and, if approved, will be available by prescription. It delivers antibodies that block the signaling of two inflammatory molecules researchers believe drive the disease. Previously, these patients had to turn to immunosuppressive medications, whose potential side effects (organ damage, a higher risk for infections and certain cancers) are grim.

For milder eczema, new alternatives with natural ingredients are cropping up. New York City dermatologist Steven Wang worked with his herbalist father to blend antibacterial indigo-leaf and anti-inflammatory licorice-root extracts with skin-barrier-repairing shea butter. He says the final product, Dr. Wang Herbal Skincare Eczema Ointment Natural Calming Moisturizer, can supplement topical steroids by helping to interrupt the itch-scratch cycle. *Allure* editors have also had luck with Skinfix's Eczema Balm, a thick salve with sweet almond and jojoba oils and soothing colloidal oatmeal. —**JESSICA MIGALA**



Sephora Collection Lip Powders

Powder Moves

Powder for your face? Pretty straightforward. But powder for your lips? Now we're talking serious chemistry. Lip powders (think of them as matte lipsticks in a funky, possibly-unnecessary-but-whatever-totally-cool delivery system) contain a hydrogel polymer called silica silylate. The formula seems to liquefy on contact, but you end up with a dry finish. Whether you try one from a K-beauty brand, like Touch in Sol, Cle, or RiRe, or a newer option—such as the Sephora ones above—expect a lightweight, silky feel. If you find them too drying for all-day wear, there's a hack for that: Layer one over a creamy lipstick for a more velvety look. —**LEXI NOVAK**

FROM TOP: **BRYDIE MACK; JOSEPHINE SCHIELE** (2)

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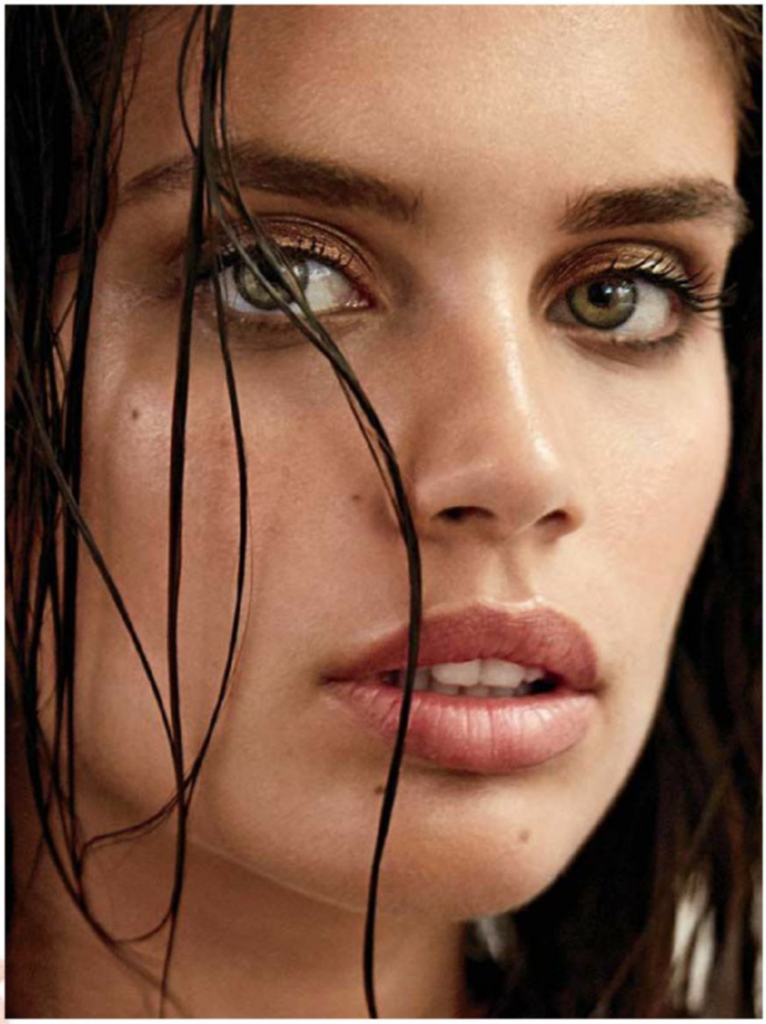
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THE ONE WE'RE WATCHING

SARA SAMPAIO



Sure, she doesn't look all that threatening over there with those soulful eyes, but model Sara Sampaio could destroy you (or, depending on your size, someone much larger than you). The Portuguese runway star (and maybe you've seen the Victoria's Secret billboards?) has a brown belt in karate and a passion for boxing. And like any superhero, she knows her way around a good red lipstick.

On pulling no punches: "I do weight training and high-intensity interval running. I used to box, but I'd punch so hard that my wrists hurt for a week."

On taking the heat: "I get split ends from all the heat my hair takes backstage; Moroccanoil Treatment makes my ends look a lot less frayed."

On her quest for perfection: "I love red lipstick, so I would love to create the perfect shade. Not too orange, not too blue."

On her 35,000-foot secret: "I travel with Sisley's face masks, always. My skin gets so dry on planes."

On her beauty shortcut: "Highlighter. Even if I don't have time to do my hair and makeup, I'll conceal spots and dab a little on."

On a very wise $4 investment: "I always have lip balm with me. Lately I've been using one from Aquaphor. It's so rich."

On making the rest of us feel like babies: "I've gone swimming with sharks three times. Twice in South Africa in a cage with great whites, and with reef sharks in Bora-Bora. It was incredible." —JESSICA CHIA

OUR NEW OBSESSION

Rosy Outlooks

Never before has our skin care looked so much like raspberry yogurt. New primers and moisturizers come in sheer, pale-pink tints that can brighten every skin tone. "When applied under foundation, a veil of pink will even things out, cover dullness, and boost luminosity on both pale and dark complexions," says Los Angeles makeup artist Molly R. Stern. But pink-tinged creams aren't for everyone: "If redness is an issue for you, a rosy primer would only enhance it." —SARAH KINONEN

Our pink picks, from left: Givenchy Highlighter Mémoire de Forme, Nars Radiance Primer Broad Spectrum SPF 35, Shiseido Ibuki Smart Filtering Smoother, and L'Oréal Paris Age Perfect Cell Renewal Rosy Tone Cream.

PRODUCT REVIEW

Benefit Galifornia Blush

It's supposed to... Give cheeks a sunny rosiness worthy of a Santa Monica surfer.

The first thing I noticed was... Its vaguely candied scent. Pez? A strawberry scratch-and-sniff sticker?

When I wore it... I rethought my entire look. This shimmery peach-pink made this black-clad East Coaster look like someone who surfs before work.

When I shared it... It flattered friends with olive and dark skin (the deeper your complexion, the more you need).

Now I... Swirl this on (with my own fluffy blush brush, not the enclosed square one) whenever I'm looking—or feeling—a little too East Coast.

—LEXI NOVAK



FROM TOP: YELENA YEMCHUK/TRUNK ARCHIVE; JOSEPHINE SCHIELE (3)


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No vacation days required.
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IS YOUR TOOTHBRUSH *SEXY* ENOUGH?







We've found five fancy ways to help you smile big.

Quip electric toothbrush: This sylphlike wand (left), with its brushed-metal finish, is the antithesis of its plastic drugstore peers. For a clean mouth, its soft bristles buzz for two minutes. For a cleaner mouth, you can have replacement heads arrive automatically every three months.

Crest Whitestrips With Light: The classic whitening strips can now be supercharged with blue LED light (below), which means the bleaching process takes 10 treatments instead of 14—and the sparkle lasts for up to three years (depending on your coffee habit).

Fig + Yarrow Oral Hygiene Rinse: This clear menthol-and-eucalyptus rinse (right) swishes away bad germs with two natural antiseptics: witch hazel and hydrogen peroxide. And it comes in a bottle we'd almost display on our mantel.

Earth Shift tongue cleaner: If you're going to manually rake germs off your tongue—which, admittedly, isn't glamorous—you may as well do it with a Calder-esque ribbon of copper. The metal is toxic to bad bacteria, says Brian Kantor, a cosmetic dentist in New York City.

Boka Cocorinse packets: These cute mustard-packet-size pouches contain coconut oil spiked with peppermint and spearmint, so oil pulling (swishing with coconut oil for 20 minutes in an attempt to remove toxins) is considerably less gag-inducing than it once was. But it seems some things aren't upgradable—you still have to spit it out in the trash. —LEXI NOVAK





100

The average number of bacterial species in a human mouth. Use an alcohol-free rinse, which won't dry tissue as it kills potentially disease-causing bacteria (some of which may threaten your heart health), says Kantor. Try Colgate Total Advanced Health mouthwash—it also stains those germs so you can watch 'em go down the drain.

CLOCKWISE FROM TOP LEFT: **KUTLU**/TRUNK ARCHIVE; **ANGELO PENNETTA**/TRUNK ARCHIVE; **JOSEPHINE SCHIELE** (4)

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HAIR NEWS

DAMAGE CONTROL

We bleach. We dye. We deal with the (sometimes literal) fallout. But maybe we don't have to. In-salon treatments called bond builders are making it possible to change our color without destroying our hair. **—Lexi Novak**

IF YOU WANT TO GO PLATINUM...
The only bond builder that's actually true to the name, **Olaplex** contains an ingredient that creates new bonds in the hair that are even stronger than the ones broken by the peroxide in permanent dyes. It can counteract extreme damage from drastic color changes, allowing a brunette to go white blonde without crazy breakage.

IF YOU LIKE RICH BROWNS AND REDS...
B3 Brazilian Bond Builder uses a gluelike polymer to seal the hair's cuticle and protect it (and, in turn, the bonds inside the hair shaft) from getting roughed up during the coloring process. This sealing also means that any dye deposited will be less likely to leach out—a bonus for rich brown shades and, most of all, fade-prone redheads. Color lasts about two weeks longer.

IF YOU HAVE HONEY HIGHLIGHTS...
Matrix Bond Ultim8, **Redken pH-Bonder**, and **L'Oréal Professionnel Smartbond** all contain maleic acid, which lubricates the protein chains in your hair so it's left less brittle and more elastic, says cosmetic chemist Joseph Cincotta. And colorists like Johnny Ramirez, a co-owner of Ramirez Tran salon in Beverly Hills, say Smartbond won't dilute the viscosity of dye or bleach as other formulations can, so your highlights stay exactly where your colorist wants them.

TAKING NOTES

Black Magic



At the Parisian bistro Le Voltaire, perfumer Frédéric Malle studied designer Alber Elbaz over turbot and frites. "I was curious to see if we'd be compatible," says Malle, who'd admired Elbaz's work for Lanvin. They talked successes, failures, and their unorthodox methods. "People should be more superstitious," says Malle, adding that he and Elbaz have a few of their own: "Alber always cuts cloth in one go, and I always smell perfumes on paper folded in two." Soon enough, they got to work brainstorming a perfume. There were more lunches. More frites. More bottles of wine. Elbaz sketched an evil eye, and they had their flacon. Malle created an aldehyde with a hint of musk. Voilà: their scent, as warm as lunch with a confidant. Coming up with a name was easy: Superstitious. —ELIZABETH SIEGEL

Left: Superstitious Alber Elbaz by Frédéric Malle.

Highlight Reel

"I received it by mistake," says By Terry founder Terry de Gunzburg, who created Yves Saint Laurent's iconic brightening wand 25 years ago. "We [at YSL] had a click-pen concealer with a sponge, but one day the supplier sent it with a brush," she says. Rather than tossing the defective pen, de Gunzburg filled it with a mixture she used to touch up models on photo shoots—toner, lotion, and foundation—and the very first Touche Éclat was born. But it almost never left the kitchen where she'd made it. "They didn't want to launch it then," de Gunzburg says. "About a year later, I got put in charge of the cosmetics line, and I launched it myself." Here's to taking charge—and to *éclat*.
—JESSICA CHIA



200

Clicks to empty the pen.

$0.21: Price per click.
6: Touche Éclats sold every minute somewhere in the world.
1: Number of shades available when the product launched in 1992. It offered a barely there pink tint.
12: Number of shades available today.

Touche Éclat's new limited-edition anniversary packaging is available in three shades at yslbeautyus.com.

FROM TOP: **JEAN-PHILIPPE MALAVAL**/BLAUBLUT-EDITION.COM; **JOSEPHINE SCHIELE** (2)





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CULT OBJECT

Lip Locked

Only Valentino could get us to dismember our favorite lipstick. The ridiculously chic little purse every model on the Valentino spring runway had slung across her shoulder? It's actually a lipstick holder. The case can fit most bullets, with one catch: You have to pop it (or chop it) out of its original packaging first. Then you slide it into that tube on top. If that's all too much math, skip it. You'll still have the chicest mirror around.



Valentino Garavani lipstick holder and compact, $1,045, at Valentino stores. Lipstick bullets about half an inch in diameter, like the Estée Edit Mattified Lipstick (shown in ABT Last Night), are a perfect fit.

JOSEPHINE SCHIELE


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LIQUID LINER
Barbara Palvin
Intrepid Teal
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CULT OBJECT

Frame Work

Yes, sometimes rose-colored glasses can get you in trouble. But if those glasses happen to be big, bold, and bedazzled, well, you'll excuse our optimism.

PHOTOGRAPHED BY NADYA WASYLKO

Gucci sunglasses, $1,310 (gucci.com). Jane Post polyurethane jacket, $325 (nordstrom.com). Dior Addict Lip Glow in Berry by Dior. Hair: Romina Manenti. Makeup: Sam Addington. Manicure: Holly Falcone. Model: Lynn Palm. Fashion editor: Nicole Chapoteau.



ALEXIS BITTAR EARRINGS. "These remind me of army badges." $945 (alexisbittar.com).



Soldier *On*

Allure accessories director Nicole Chapoteau loves military-inspired looks that are anything but uniform.



Tibi Spring 2017



FENDI NYLON TOP. "I like the unexpected pairing of bright red with olive." $850, at Fendi, N.Y.C. (212-897-2244).



JOHANNA ORTIZ SILK SKIRT. "Ruffles liven up a serious-looking skirt with movement." $1,150 (johannaortiz.com).



BOTTEGA VENETA LEATHER SANDALS. "Easy, gold, pretty much perfect." $620 (800-845-6790).



MIU MIU GLASSES. "I love the hybrid shape: Part air force aviator, part sexy cat eye." $320, at LensCrafters stores.



KENZO COTTON DRESS. "My kind of uniform." $1,175 (kenzo.com).



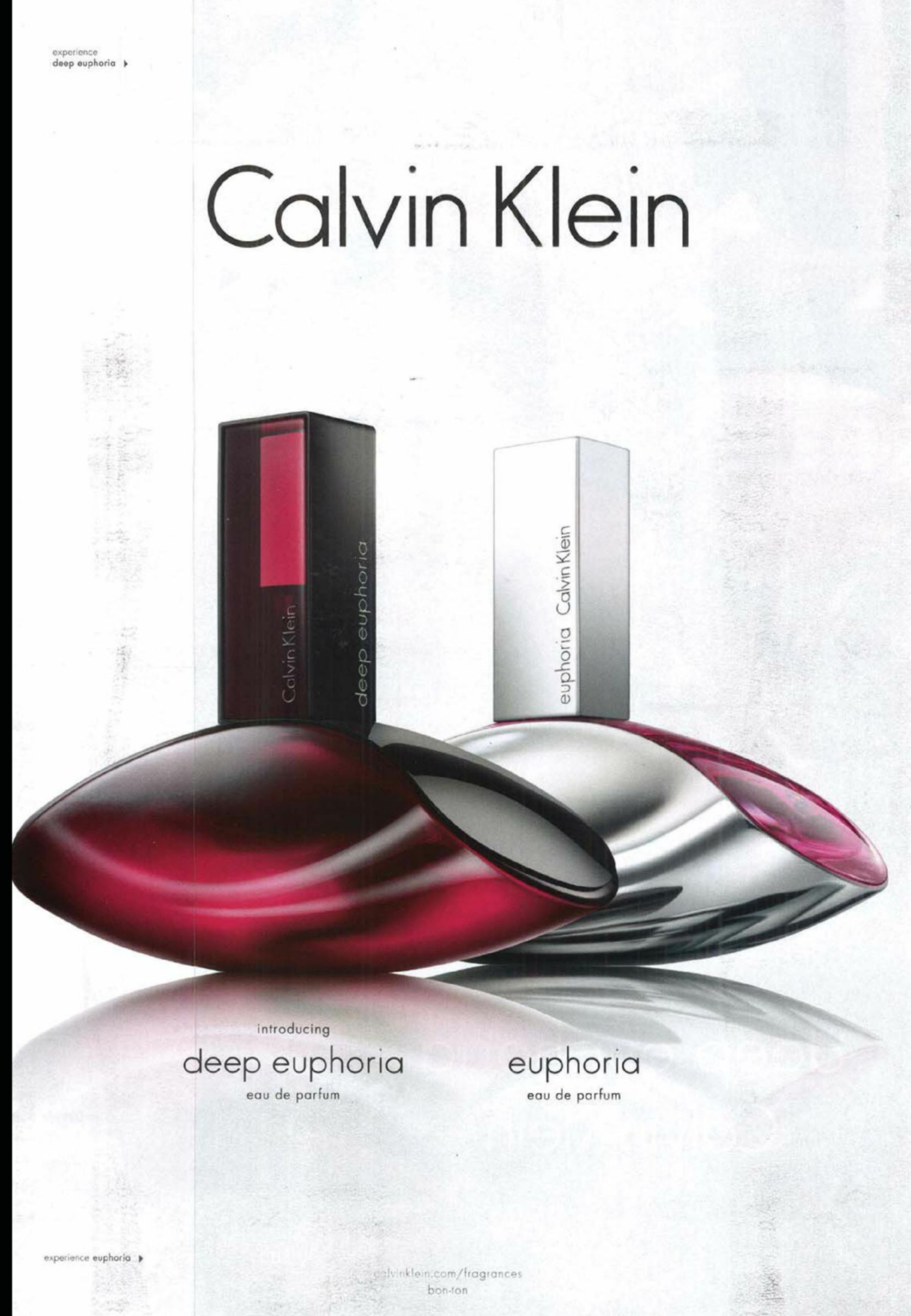
EDDIE BORGO BAG. "The leather-denim-and-linen patchwork makes this sturdier than other bucket bags." $1,050 (editorialist.com).



GLOSSIER STRETCH CONCEALER. "The formula has moisturizing oils and doesn't cake." $18 (glossier.com).

JEREMY ALLEN (CHAPOTEAU); **LUCA TOMBOLINI**/VOGUERUNWAY.COM (RUNWAY); **LIAM GOODMAN** (STILL LIFES).


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Why Jennifer Garner never skips sunscreen, even when it's cold and rainy.
The sun is up there shining 365 days a year. Summer or winter, its UVA rays can pass through clouds, haze, even windows. The more unprotected sun exposure you get, the greater your risk of developing skin cancer. In fact, 1 in 5 Americans will develop skin cancer in their lifetime. Protection and early detection are the key to survival.
For sun safety tips and life-saving tools, like a free dermatologist skin cancer screening, self-exam kit, and discounts on sunscreen products, go to ChooseSkinHealth.com
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Rainbow Connection

One color is great. Two colors are better. But a rainbow is a party—and everyone is invited. Celebrate the whole spectrum with sassy, strappy sandals best worn with unapologetic pride.

From left: Christian Louboutin suede sandals, price available upon request (christianlouboutin.com). Tabitha Simmons suede-and-leather sandals, $845, at Bergdorf Goodman, N.Y.C. (212-753-7300). Casadei leather sandals, $990 (casadei.com). Etro suede sandals, $695, at Etro stores. Red Valentino silk skirt, $895, at Red Valentino stores. Marc Jacobs suede skirt, $995, at Marc Jacobs stores. Top right: Sally Hansen Color Therapy nail polish in Ohm My Magenta.

FROM TOP: **JOSEPHINE SCHIELE; NADYA WASYLKO**

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Style icon Alicia Keys shows us the best way to wear sculptural earrings: with a graphic head scarf and luminous skin. Bikini top by Alexander Wang. Top by Max Mara. Earring by Paula Mendoza Jewelry and Esteban Cortazar. Head scarves, Keys's own. Clockwise from top: Isabel Marant earrings, $370, at Isabel Marant, San Francisco (415-781-0113). Prabal Gurung earrings, prices available upon request (sales@prabalgurung.com). Annie Costello Brown earrings, $219 (anniecostello brown.com). Tanya Taylor earrings, $250 (tanyataylor .com). Hair: Esther Langham. Makeup: Dotti. Fashion stylist: Patrick Mackie. Details, see Shopping Guide.

PHOTOGRAPHED BY PAOLA KUDACKI

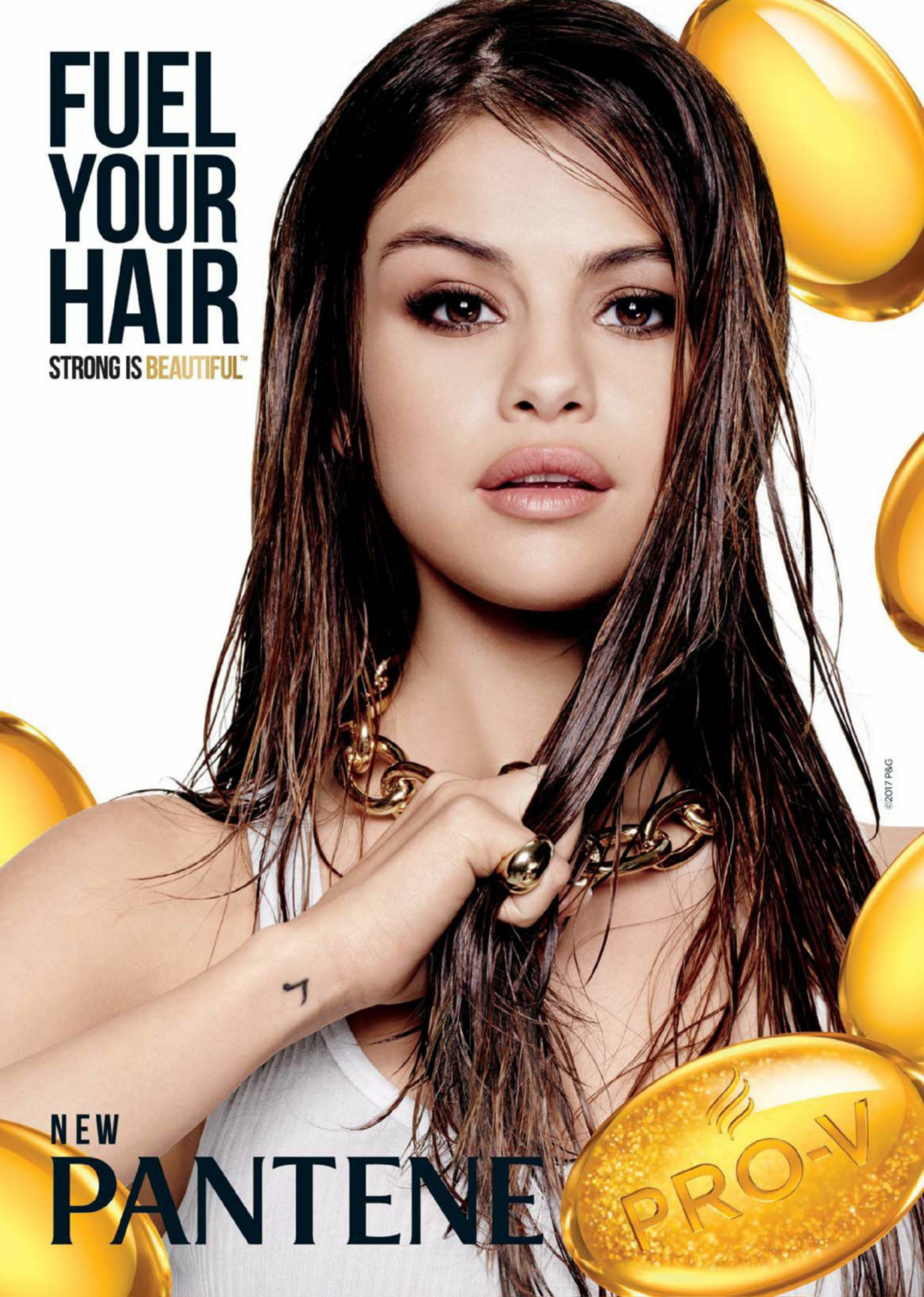
PLAYING *ANGLES*

If Euclid had dabbled in jewelry instead of geometry, the result would have been these stunners—each a design of harmonious proportions.





LIAM GOODMAN (STILL LIFES)


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ELEMENTS *of* STYLE



Lipa performing at a festival in Berlin in 2016



“I LOVE THESE BOOTS WITH THE DRESS. I THOUGHT, JUST GO FOR IT: FULL GLITTER!”

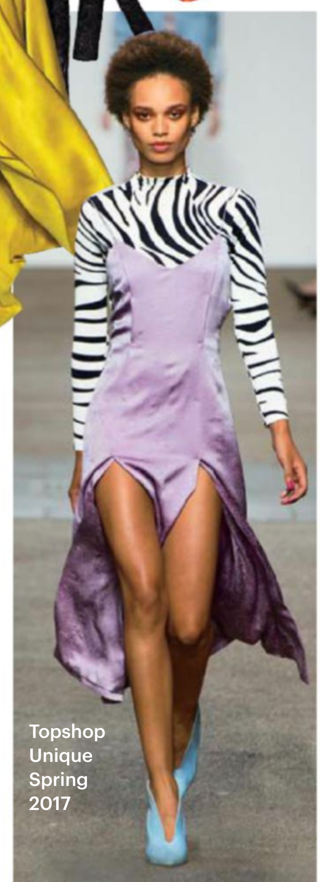
PHOTOGRAPHED BY JEROME CORPUZ



Prabal Gurung Spring 2017



Givenchy Spring 2017



Topshop Unique Spring 2017



Naomi Campbell and Kate Moss in London in 1999

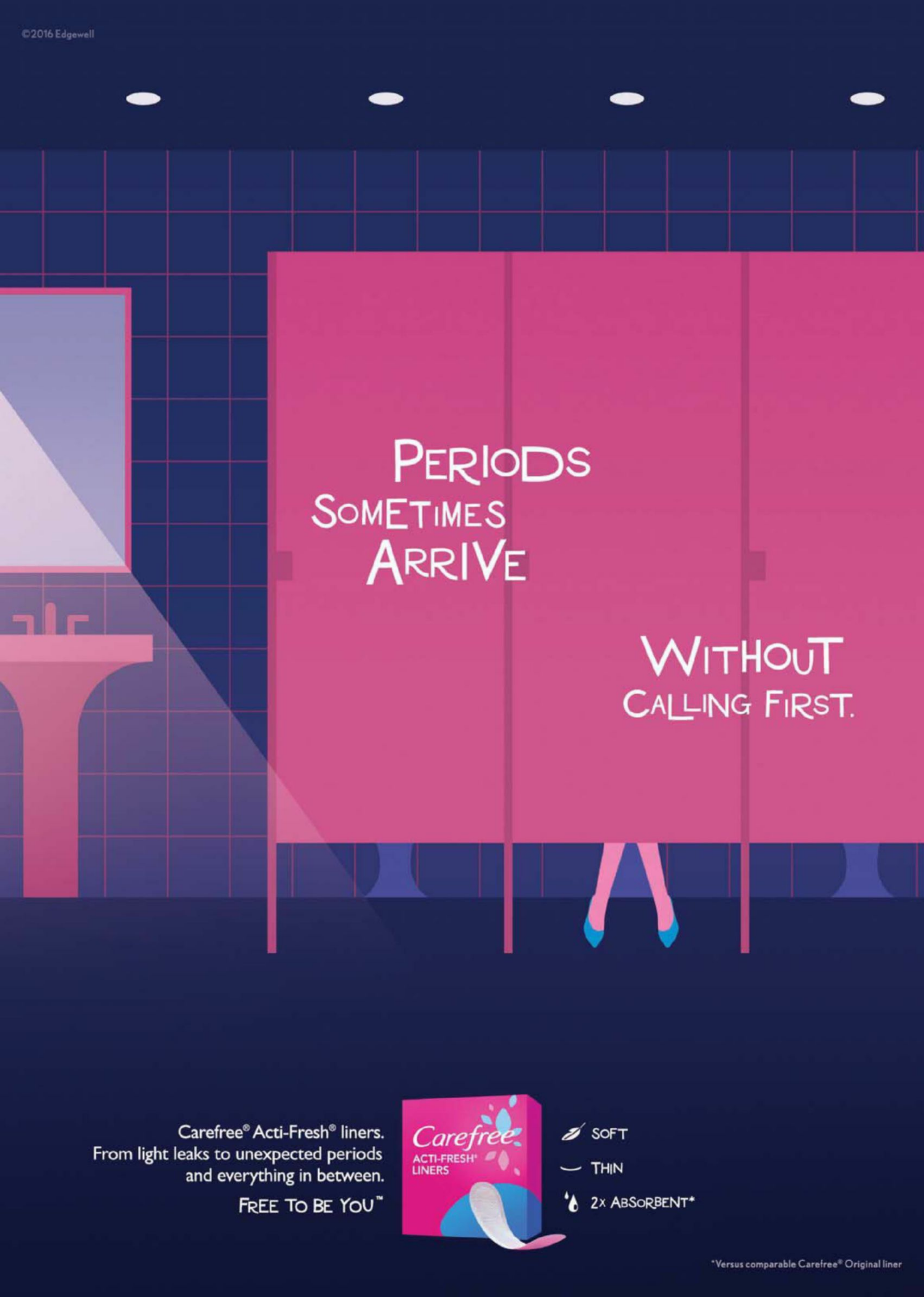
A SLIP DRESS, DUA LIPA’S WAY

OK, so Lipa was still wearing diapers in the ’90s, but nowadays the 21-year-old pop singer takes her style cues from vintage Kate Moss. Case in point: the sexy, slinky slip dress that Lipa was born (at least in time for its second life) to wear. Now, with her debut album coming out this June, all she needs is an afterparty. —AMBER ANGELLE

Above: Lamé dress by Cynthia Rowley. Embellished boots by Giamba. Silver earrings by Pamela Love. Necklace by Third Crown. Silver rings by Agmes and Lipa’s own. Hair: Elsa Canedo. Makeup: Aya Komatsu. Fashion editor: Rachael Wang. Details, see Shopping Guide.

Dua Lipa shares her beauty routine and more at **allure.com/dua-lipa**.

FOR PHOTOGRAPHERS’ CREDITS, SEE CREDITS PAGE.


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STRESS TESTED
FOR WOMEN

Here Comes *the Sun*

Allure's fashion director, Rachael Wang, is warming up to radiant shades of yellow, citrine, and marigold.





J. W. Anderson Spring 2017



MERCEDES CASTILLO LEATHER-AND-COTTON BAG. "Fun, playful, and reminds me of a picnic basket." $950 (mercedescastillo.com).



100% PURE CONCEALER. "Brightening and all-natural." $25 (100percentpure.com).



BLOOD ORANGE, *FREETOWN SOUND*. "A very personal, socially relevant album." $9.99, on iTunes.



CÉLINE LEATHER SHOES. "This shape is so groovy." $840, at Céline, Beverly Hills (310-888-0120).



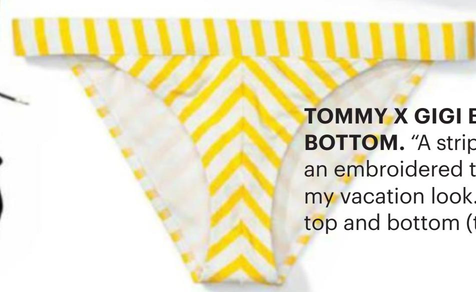
PRADA CHIFFON SKIRT. "A skirt with personality." $1,390, at select Prada stores.



CARMEN MARCH SILK TOP. "I love a dramatic ruffle." $2,200 (net-a-porter.com).



MILK MAKEUP SUNSHINE OIL. "The name says it all." $38 (milkmakeup.com).



TOMMY X GIGI BIKINI BOTTOM. "A striped bikini plus an embroidered top equals my vacation look." $119.50 for top and bottom (tommy.com).

FOR PHOTOGRAPHERS' CREDITS, SEE CREDITS PAGE.

Can't Take THE HEAT

By Chris McMillan



A few days before the Golden Globes, Michelle Williams had an official nominees luncheon to go to. I met her at her hotel, worked a little sumpin' sumpin' into her damp hair, then grabbed a cup of coffee while she got her makeup done. When I came back to finish her hair, it was already finished. No blow-dryer. No flatiron. Her hair looked great—and it looked like her hair, not overly styled. And these days, Jennifer Aniston often tells me that she can't deal with blowing out her hair, so she just puts styling lotion in it—and she loves it. The next day she loves it even more. My point is: The hotter the days get—and the hotter the planet gets—the less anyone is going to want to deal with heat styling. And products today are so insanely advanced, you really don't need to.



1 **Consider your hair type (and color).** Generally speaking, if your hair is fine and straight, use less product. If your hair is thicker or dark, it can handle more. Dark hair tends to read as solid, so the more texture, the better. If dark hair is too uniform, it can look like Lego-person hair. And the genius of the right products (i.e., the ones I'm suggesting here) is that whatever your hair type, you can layer them. They play well together.

2 **Start with a conditioning cream,** like Living Proof Perfect Hair Day 5-in-1 Styling Treatment [McMillan works with the brand] or R+Co High Dive Moisture + Shine Crème. Put a dime-size amount in your palm, rub your hands together, and pull them through your hair while it's still damp. Really get in there so the hair is well coated. Once it's dry, get out your beach spray—Sachajuan Ocean Mist is my favorite. The key is to spray it on your hands, not your hair: Scrunch your ends up and boom: surfer texture. You can also try a fun hairstylist's trick: Mix conditioning cream and salt spray in your hands and work them through damp hair to approximate noncrunchy beach waves. (And since air-drying isn't so great for calming frizz, prep with a rich conditioner, like Living Proof No Frizz, in the shower.)



3 **Beach sprays can be a little drying,** so you might want to bring shine back to make your hair look healthy. A good shine serum, like Sachajuan Shine Serum or R+Co Tinsel Smoothing Oil, is usually my last step—or, if someone has great natural texture, it's my only step. Use a few drops to cover your palms and run them over the outer layer of your hair. If it takes more than 20 seconds, you're working too hard. I did this on Michelle Williams for the Golden Globes, and I do it on Sarah Jessica Parker and Zoey Deutch every time we work together.

4 **If you're digging your hair,** you'll love it even more the next day. That's where dry shampoo comes in. My favorite is Oribe Gold Lust Dry Shampoo. It gives the hair that awesomely sexy tousled look. The bottle will tell you to spray it 6 to 12 inches away from your head, but I get right in there so I have more control: Spray it an inch from the roots. (I have to do this on celebrities because if I spray it in the air, it gets in their eyes, and no one wants red, teary eyes on the red carpet.)

FRANK TERRY (McMILLAN); **JOSEPHINE SCHIELE** (STILL LIFES)


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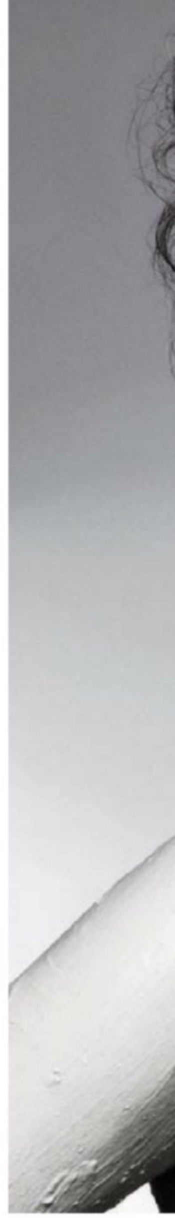


The NEW Beautiful-Skin Rules

The most promising new research is blazing trails, blowing minds—and changing the face of skin care.

By Lexi Novak

TOM SCHIRMACHER/AUGUST



1 UP YOUR CHOLESTEROL.

It may not be the sexiest of anti-aging ingredients, but dermatologists are realizing that cholesterol—a component of the material holding our skin cells together—is one of the most important ingredients to look for in a moisturizer (especially by age 40, when levels can plummet as much as 40 percent). It's most effective when combined with fatty acids and ceramides, which also help hold skin cells firmly in place so your skin looks smoother and more radiant. Find the trio in Elizabeth Arden Advanced Ceramide Capsules Daily Youth Restoring Serum and SkinCeuticals Triple Lipid Restore 2:4:2. But no one is suggesting you need to start eating butter by the stick: There's no evidence that ingesting more cholesterol will do anything for the skin, says Jordana Herschthal, a dermatologist in Boca Raton, Florida.

2 SCALE BACK ON EXFOLIATING.

"We're learning that we have to respect the pH of the skin and its healthy bacteria," says Whitney Bowe, a dermatologist in New York City. "Physical exfoliators, like loofahs and gritty scrubs, remove good bacteria from the skin and throw off its pH. That can trigger rosacea or eczema flare-ups and boost enzymes that destroy collagen and cause wrinkles and sagging over time." Yikes. The good news: Mild chemical peels can have the opposite effect. "Most peels are acidic and can benefit the skin by encouraging growth of healthy bacteria," says Bowe, who likes those with salicylic, glycolic, or lactic acid and suggests weekly or twice-weekly use. "Try the peel on a small patch of skin, like the jaw; if it creates a mild tingling, it's gentle enough to use." We like Philosophy The Microdelivery Peel.

3 PICK UP THE PACE.

We're not throwing shade at walking or lifting weights—they beat sitting on the couch—but if you want smoother, fresher-looking skin, you need to get your heart rate up. In one study, people ages 20 to 86 who exercised at a high intensity (running, cycling, whatever you're into) for four or more hours a week for at least ten years had thinner stratum corneum layers and more energetic mitochondrial cells than participants who didn't regularly work out. In plain English: Their skin appeared and acted younger. And it's never too late to reverse course. Even previously sedentary 65- to 86-year-olds who began moderate aerobic exercise for 45 minutes twice a week had a change in their skin—signs of aging began to reverse on a molecular level after just three months.

4 TAKE YOUR SUPPLEMENTS.

Crash course in peptides: They're amino acid chains that build collagen in the skin. And an eye product with peptides (like one of our favorites, Olay Eyes Ultimate Eye Cream) is an effective way to smooth lines and soften crow's-feet. But now it turns out that you can—and probably should—be eating peptides, too. They're one of the few skin-care ingredients that work both topically *and* internally. In a study in *Skin Pharmacology and Physiology*, women who popped a 2,500-milligram Verisol collagen peptide supplement (you can buy them at health-food stores) daily for eight weeks had a 20 percent reduction in eye-wrinkle volume, a 65 percent increase of procollagen type I, and an 18 percent increase in elastin. And all that is a fancy way of saying: noticeably smoother-looking skin around the eyes. Similar results were measured in another study on a collagen-peptide drink.



From left: Elizabeth Arden Advanced Ceramide Capsules Daily Youth Restoring Serum, SkinCeuticals Triple Lipid Restore 2:4:2, ReFa S Carat roller, Olay Eyes Ultimate Eye Cream, and Colorescience Even Up Clinical Pigment Perfector SPF 50

JOSEPHINE SCHIELE



5 HOLD OFF ON HOT YOGA.

"We used to think UV rays were the main culprit for melasma, but data is also indicating that visible light and heat may cause dark patches, too," says Doris Day, a clinical associate professor of dermatology at NYU Langone Medical Center in New York City. This means that Bikram—or standing over a hot stove—can create inflammation and exacerbate hyperpigmentation. "The risk for melasma is increased for anyone with a job where they're exposed to constant heat, like bakers," says Herschthal. In addition to using sunscreen, she recommends incorporating a product that regulates skin temperature into your routine to minimize the damage; she likes Colorescience Even Up Clinical Pigment Perfector SPF 50, which has a marine extract called venuceane. "It's one of the few ingredients that keeps skin cool for an extended period of time," says Herschthal. (Studies suggest that applying it twice daily regulates skin temperature.) We also like running the metal ReFa S Carat roller over skin for a temporary cooling effect.

TOM SCHIRMACHER/AUGUST

6 MIX IT UP.

There's no rule that says you have to use one product on your entire face. In fact, the new thinking is that you shouldn't. "I have patients who use retinoids only on their cheeks and forehead and prescription Soolantra on their chin, where they're prone to rosacea," says Dendy Engelman, a dermatologist in New York City. Another combo she recommends: "Thick creams around the delicate eye area and on the lips, and salicylic acid or glycolic acid products on the T-zone to minimize breakouts" (try Paula's Choice Skin Perfecting 2% BHA Liquid Exfoliant). Use anti-redness products only across the bridge of the nose, on the cheeks, and on the chin to soothe areas prone to flushing. (Engelman likes the Eau Thermale Avène Antirougeurs and Aveeno Ultra-Calming lines.)

7 GET TO THE POINT.

When the bones in your face shrink with age—yes, it happens—it contributes to sagging and "a generally flat appearance," says Ava Shamban, a dermatologist in Beverly Hills. Dermatologists have long turned to hyaluronic acid fillers to make the face look fuller, but inject too much of them in the wrong places and suddenly it's hello, weird blowfish face. Now dermatologists are learning that injecting hyaluronic acid deeper—onto the top layer of bone, instead of in wrinkles—seems to reverse some of the bone shrinkage. "For chins, if you inject on the top layer of bone, you're stimulating stem cells and actually getting chin augmentation over time," says Shamban, adding that the technique appears to work for the cheekbones and jawbone, as well.

8 SLATHER SPF ON WRINKLES.

It's an even better anti-ager than we thought. A study published in *Dermatologic Surgery* (and sponsored by the Johnson & Johnson Skin Research Center) found that when people applied a moisturizer with SPF 30 daily for a year without any other anti-aging products (in other words: zero, nada, nothing else), they ended up with clinically measured improvement in mottled skin tone (by 52 percent), texture (by 40 percent), and clarity (by 41 percent). And the self-reported results were even stronger, which means those numbers translated to younger-looking skin. It's some of the best evidence yet that sunscreen doesn't just prevent aging; it may actually reverse it.

PRODUCED BY
ALLURE WITH OLAY



YOON-SOO CINDY BAE
CLINICAL ASSISTANT PROFESSOR OF DERMATOLOGY AT NYU LANGONE MEDICAL CENTER IN NEW YORK CITY



FRAUKE NEUSER
OLAY PRINCIPAL SCIENTIST

YOU HAVE EYE QUESTIONS; WE HAVE ANSWERS.

ask the EXPERTS

Two doctors reveal the best tricks and treatments for bigger, brighter, younger-looking eyes.

Q: ***How can I make my eyes look brighter and more awake?*** *—Jackie, 42*

A: Even doctors will tell you a great concealer, a swipe of mascara, and redness-quelling eye drops go a very long way. But if the entire eye area is dull, a cream with a brightener, like vitamin C, and a soothing ingredient, like black-tea extract or chamomile, is a must, says Yoon-Soo Cindy Bae, a clinical assistant professor of dermatology at NYU.

Q: ***How do I prevent crow's-feet? I'm in my early 30s and already see some lines appearing.*** *—Ally, 31*

A: The crinkles radiating from your eyes are caused by expression, which is one way of saying they're completely inevitable. (Unless you're able to adopt the no-emotion emoji face forever.) Frauke Neuser, a principal scientist at Olay, says keeping the skin supple with moisturizers, like glycerin and hyaluronic acid, can help prevent crow's-feet; a gentle form of retinol or peptides will help soften existing lines.

Q: ***What are the best ingredients for an eye cream to have and what's the best way to apply it?*** *—Carrie, 30*

A: Every eye cream should be gentle and loaded with moisturizers. "Then you should look for ingredients to address your individual concerns," advises Neuser. The collagen-building retinol in **Olay Eyes Pro-Retinol Eye Treatment** softens the appearance of fine lines; **Olay Eyes Illuminating Eye Cream** has skin-brightening niacinamide to visibly reduce dark circles. As for the best way to apply it? Twice a day is ideal, and you'll want to gently tap a pea-size dollop over the under-eyes and upward to the brow bone.

Q: ***My eyes are usually puffy in the morning—what can I do to depuff quickly before I put on makeup?*** *—Elaine, 28*

A: We won't ask what caused that puffiness—salt, alcohol, a bout of tears—but you should ask yourself, because in most cases puffiness can be prevented. Sleeping on an extra pillow prevents fluid from pooling around your eyes. Bae also suggests keeping wet tea bags in the fridge. "That coolness and caffeine restrict the blood vessels and flush away fluid," she explains. If your puffiness is chronic, a cream with caffeine will have a similar constricting effect. Try **Olay Eyes Depuffing Eye Roller** for bags under the eyes.

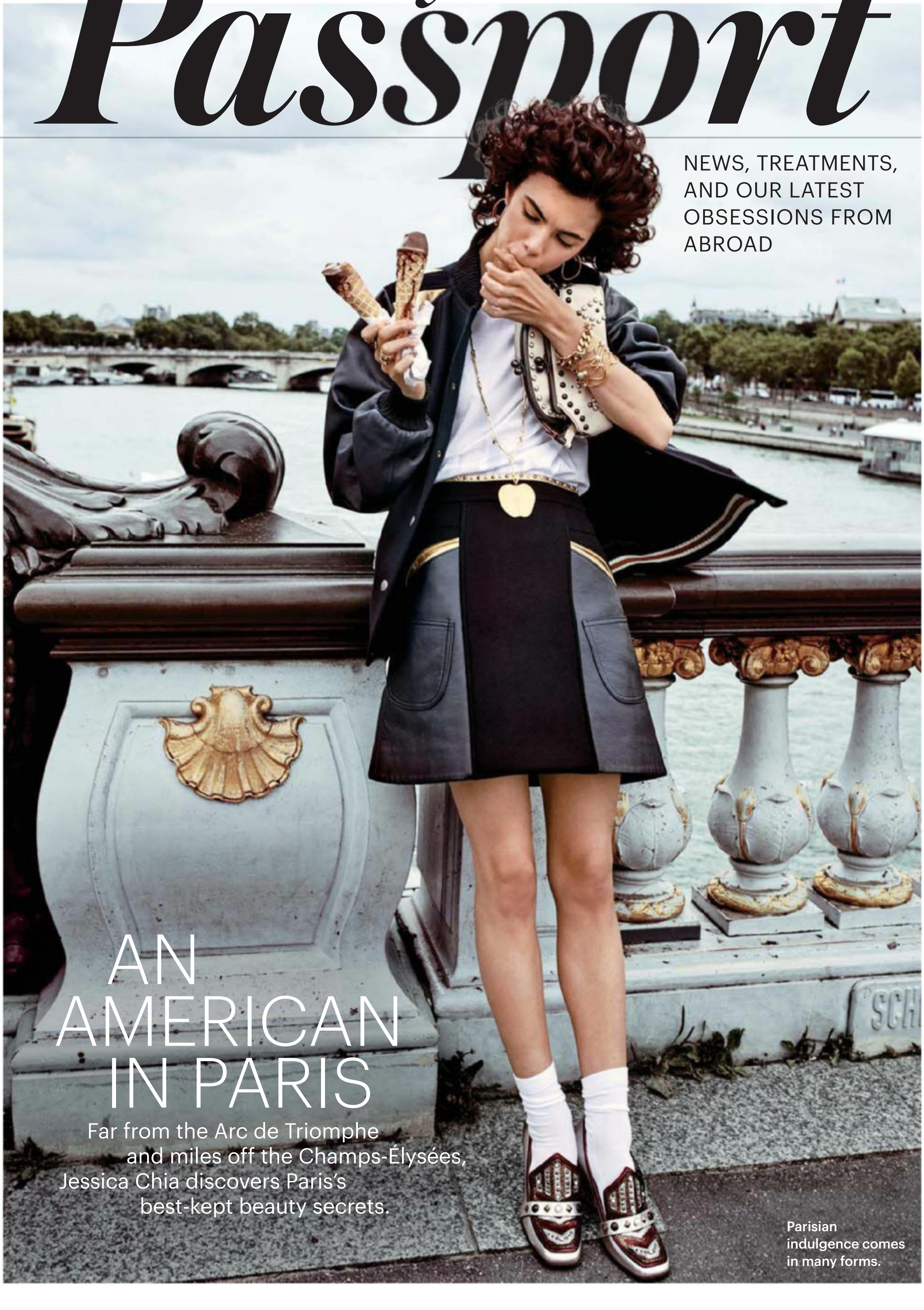


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Beauty Passport

NEWS, TREATMENTS, AND OUR LATEST OBSESSIONS FROM ABROAD



AN AMERICAN IN PARIS

Far from the Arc de Triomphe and miles off the Champs-Élysées, Jessica Chia discovers Paris's best-kept beauty secrets.

Parisian indulgence comes in many forms.

ARKAN ZAKHAROV/CONTOUR STYLE/GETTY IMAGES


tapered brush
gel formula with volumizing fibers
Fill gaps precisely for fuller, dimensional brows.
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THE NEW FOUNDATION 93% OF ALLURE TESTERS* WOULD RECOMMEND

We asked 127 Allure readers* to try New Dream Cushion™ Fresh Face Liquid Foundation, and here's what they had to say.



"I liked that it was a liquid foundation in a compact form. It was great for **touch-ups** while **on-the-go.**"

– Michelle, Mays Landing, NJ



100% SAID IT WAS EASY, QUICK & CONVENIENT

"The coverage was fantastic! It **blended easily** and was very **comfortable to wear.**"

– Diana, Oklahoma City, OK



8 OUT OF 10 RATED IT HIGHLY

"I liked that it provided **great coverage** with just a small amount of product."

– Alison, Phoenix, AZ

*Source: Allure Beauty Enthusiasts, December 2016; a product trial was conducted among 127 participants, each of whom received a complimentary foundation and used it at least four times in one week.



Think it's pretty from the ground? There's a champagne bar at the top.

"Take it to a pharmacist." Five words that I had been assured would make me French. Or at least give me a French complexion. I had only been in Paris for three days, and I had already been given a piece of paper by a local facialist along with this directive. Which is what landed me in this *pharmacie* in the 2nd arrondissement handing the now-rumpled piece of paper to the woman behind the counter. She nodded. I nodded back. (I had no idea why I was nodding, but it felt like the thing to do.) She disappeared into the back and re-emerged with a box. *Granions de Manganèse*. French for "30 Ampoules of Magnesium That Will Give You the Most Amazing Skin of Your Life, Self-Acceptance, and Very Likely, Even a Raise and Maybe a Corner Office."

Is it possible that the key to that elusive quality known as French beauty was hidden in an ampoule? In a word: *non*. See, I was in Paris, at least partly, to discover real French beauty, not the kind that you can order on Amazon Prime, and while the ampoules were enticing, French beauty is more involved than anyone wants to admit. I was after the vials and jars, the treatments and fragrances, that rarely make it inside our borders, that French women protect as fiercely as the recipe for a perfect croque monsieur. Just being in a *pharmacie*, the kind you spell with an "ie," made me feel closer to unlocking that secret.

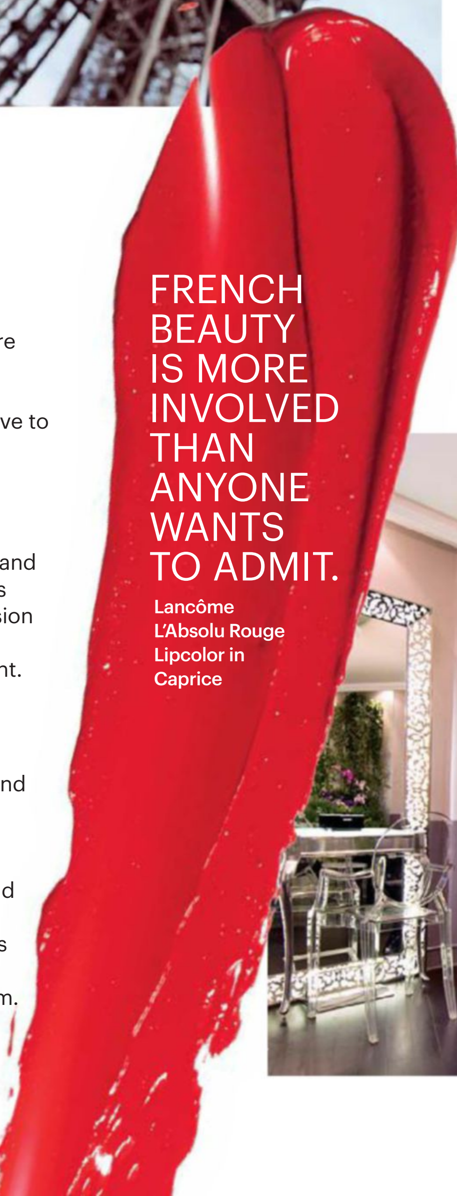
I interviewed cool Parisians, like makeup artist Violette and jewelry designer Annelise Michelson. I copied the style of women like actress Clémence Poésy and street-style star Jeanne Damas—down to the ankle booties. And there I was, next to chic Parisians, as they picked up, *oui*, cheap plastic compacts. In the end, my ampoules didn't get me a raise or a corner office, but I did learn a few things about French beauty—and it turns out it's not nearly as elusive as they want us to think.

Hidden Gems

Facial: *JOËLLE CIOCCO*
Walk out with *parfait* skin—and a personalized French skin-care routine. Mine included toning lotions and those *Granions de Manganèse* ampoules you'll have to ask for by name at a French pharmacy. *Joelle-ciocco.com*

Massage: *L'ATELIER CÉCILE COTTEN*
French makeup artist Violette, and others in the know, head to this Marais massage spot for a session with Cotten. They don't have a website; call for an appointment. *33-6-80-08-86-77*

Makeup: *PARIS BERLIN*
The sign in the window says "professionals only." Ignore it and head inside to sift through a rainbow of professional-grade glitter (the stuff looks like craft glue, but you paint it on lids and lips). Plus, the store's own line of concealers and eye shadows is worth the trip—there are scores of shades to choose from. *Parisberlin.com*



FRENCH BEAUTY IS MORE INVOLVED THAN ANYONE WANTS TO ADMIT.

Lancôme L'Absolu Rouge Lipcolor in Caprice



Hairstylist Delphine Courteille's salon, Le Studio 34

CLOCKWISE FROM TOP: **ARKAN ZAKHAROV**/CONTOUR STYLE/GETTY IMAGES; COURTESY OF DELPHINE COURTEILLE; **JOSEPHINE SCHIELE**



Creating a flawless face shouldn't require a degree in color theory. Maybelline introduces the new Master Camo Color Correcting Kit to take the guesswork out of color correcting. All you need to know is your skin tone!



RETOUCHING IN REAL LIFE

DA… ES OR …S?

STEP 1: **CO…** NEU… TON…

App… under eyes to brighten dark circles

Use Green where needed to neutralize redness

DISCOLORATION AN ISSUE?

STEP 2:

… and apply on top of color-corrected areas

Tip: Spread lightly to avoid blending away corrector underneath

LOOKING A LITTLE DULL?

STEP 3: **HIGHLIGHT** TO ENHANCE FEATURES

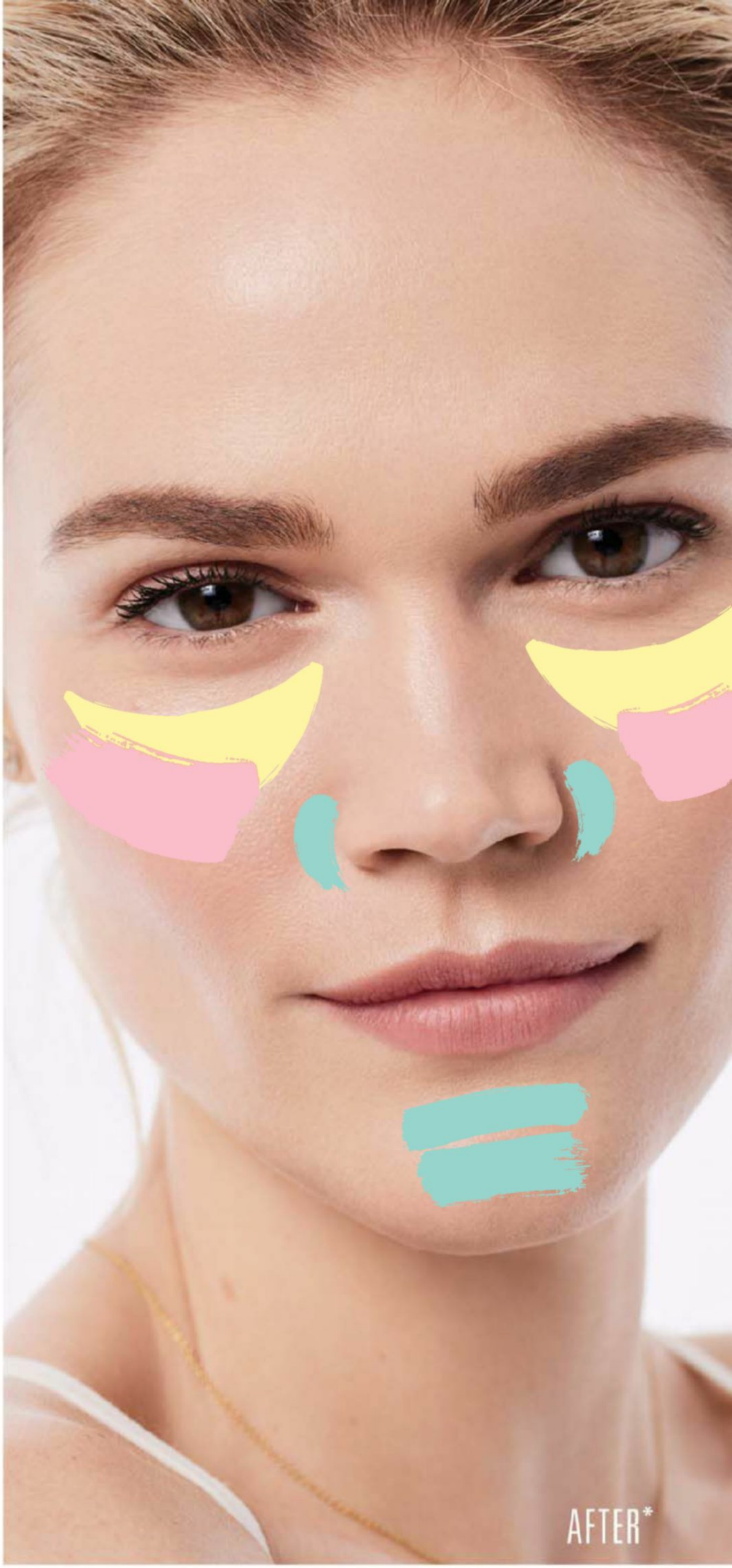
After applying foundation, sweep highlighter onto cheekbones to perk up skin

1 KIT. 3 STEPS.

Confused about color correcting? Don't stress. With **Maybelline Master Camo™ Color Correcting Kit**, you can get selfie-ready in 3 simple steps!

Light kit featured. Also available in medium and deep.
Find your look at **MAYBELLINE.COM**

MAYBELLINE NEW YORK



*to get this look, use Master Camo Kit in conjunction with foundation

ADVERTISEMENT

MAYBELLINE
NEW YORK



RETOUCHING IN REAL LIFE

1 KIT. 3 STEPS.

Confused about color correcting? Don't stress. With **Maybelline Master Camo™ Color Correcting Kit**, you can get selfie-ready in 3 simple steps!



Creating a flawless face shouldn't require a degree in color theory. Maybelline introduces the new Master Camo Color Correcting Kit to take the guesswork out of color correcting. All you need to know is your skin tone!



DARK CIRCLES OR REDNESS?	DISCOLORATION AN ISSUE?	LOOKING A LITTLE DULL?
STEP 1: **CORRECT** TO NEUTRALIZE TONE ISSUES	STEP 2: **CONCEAL** TO COVER IMPERFECTIONS	STEP 3: **HIGHLIGHT** TO ENHANCE FEATURES
Apply Yellow under eyes to brighten dark circles	Choose shade and apply on top of color-corrected areas	After applying foundation, sweep highlighter onto cheekbones to perk up skin
Use Green where needed to neutralize redness	Tip: Spread lightly to avoid blending away corrector underneath	

Light kit featured. Also available in medium and deep.
Find your look at **MAYBELLINE.COM**

MAYBELLINE NEW YORK



*to get this look, use Master Camo Kit in conjunction with foundation


The Tuileries Garden


Candles at Jovoy Parfums Rares

Fine Dining

Dinner: *LE MARY CELESTE AND HÔTEL COSTES*
Perch on a stool at Mary Celeste's circular bar for a savory and sweet squash salad and the perfect vantage point for people-watching. Make a reservation at Hôtel Costes if you'd rather spy visiting celebrities: Bella Hadid in the far corner, model Liu Wen and friends to your left. *Quixotic-projects.com/venue/mary-celeste and hotelcostes.com*

Breakfast: *CLAUS PARIS*
If you're really attempting Parisian-ness, order exactly this: *un pain au chocolat et un café crème*. If your stomach can no longer be satisfied with a sole croissant for breakfast, eat at the sit-down restaurant, where the fruit-topped muffins and thick slices of bread piled with egg and cheese will satisfy your Instagram followers and your hunger in equal measure. *Clausparis.com*



Skin care: *PHARMACIE (ANY)*
Stop in at one of these green-lit storefronts for gentle cleansers, micellar waters—and an overwhelming selection of rich French creams.

Fragrance: *JOVOY PARFUMS RARES*
If you don't mind setting aside a few hundred euro for this stop, you can buy a new signature *parfum*—like a delicate rose or an edgy leather—that no one at home will have. *Jovoyparis.com*

Hair: *CHRISTOPHE ROBIN SALON AND LE STUDIO 34*
Visit colorist Christophe Robin's salon for sunny highlights a sink away from model Natalia Vodianova. See hairstylist Delphine Courteille at Le Studio 34 for choppy, brow-skimming French-girl bangs like Damas has (go Google Image her, but be forewarned that you'll want to book an appointment—and a plane ticket—on the spot). *Christophe-robin.com and delphinecourteille.com*

Nails: *COLORFOREVER OBERKAMPF*
When you schedule an appointment at Oberkampf, follow Michelson's guidelines for fitting in. No nail art or embellishments, no crazy nail shapes. Just a wash of color on short, round nails. *Colorforever.com*

Workout: *LE KLAY*
It's not immediately apparent, amid the low tables and velvet couches in the members-only lounge, that this is actually a gym. Wear yoga pants and a slouchy top, and chat with a workout buddy between sets or while on the treadmill. *Klay.fr*

Drink: *LE WOOD*
If you happened to befriend a Parisian news anchor and criminal lawyer, they would invite you for a weekday nightcap here. And you would find it exactly like your mixology bar at home, only much more charming in French. *1 Place de Thorigny, 33-1-42-71-39-08*

Snack: *CARETTE*
Head here to top up if it's been more than a few hours since you've had a buttery carbohydrate. "No one is allergic to gluten here," Michelson says, wryly. *Carette-paris.fr*

Shop: *LA MODE VINTAGE AND THE AZZEDINE ALAÏA SECRET OUTLET*
Browse the former for vintage Yves Saint Laurent and Courrèges, then tell your cab driver to take you to 18 Rue de la Verrerie so you can say you know the *best* place to buy Alaïa. *La-mode-vintage.com*

CLOCKWISE FROM TOP LEFT: **ARKAN ZAKHAROV**/CONTOUR STYLE; **MELANIE LANDSMAN**; **RON KOEBERER**/GETTY IMAGES



Happening now?
The contoured lip.
3 easy steps to define, fill & amplify.
1 / define with liner
2 / fill with color
3 / amplify with highlighter
NEW
COLOR CONTOUR® lip palette
BY LIPSTUDIO®
COLOR CONTOUR lip palette
I'm living it up to the fullest!
Available in 2 shades: Reds/Plums and Nudes/Pinks
Show us your #MNYLIPPalette
Maybelline.com
Kemp is wearing New Lip Studio® Color Contour® Lip Palette in Vamp Fatale.
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MAYBELLINE® NEW YORK
MAKE IT HAPPEN™

you don't know retinoids



BUT IF YOU STILL HAVE ACNE, YOU SHOULD.

Acne as an adult? It shouldn't happen, right? Well, it does. Over 50 million Americans suffer from it annually. So...you're not alone. But before you head into that board meeting sporting your three-piece suit and your latest breakout, there's one acne-fighting ingredient that you should try (that you most likely haven't yet): RETINOIDS.

YOU'RE PROBABLY ASKING YOURSELF, "WHAT IN THE WORLD ARE RETINOIDS?"

Well, retinoids work like vitamin A, which is an important building block for healthy skin, so they've become the basis for many acne medications.

WAIT A SEC, ARE RETINOIDS THE SAME THING AS RETINOL?

The names sound familiar, so they're easy to mix up. But here's the scoop: retinol is a type of retinoid, but isn't really used to treat acne, unlike the much more powerful retinoids.

WHAT WILL THEY DO FOR MY ACNE? AND HOW ARE THEY DIFFERENT FROM THE OTHER ACNE STUFF I'VE TRIED??

First off, almost every other product on the shelf has been made with the same stuff: benzoyl peroxide and salicylic acid. So not only are retinoids a different ingredient, they work completely differently. Retinoids, like that in new Differin® Gel (the FIRST and ONLY retinoid acne product to be available over the counter!), target two of the primary causes of acne. They regulate skin cell turnover AND reduce inflammation deep in the skin to prevent pimples, blackheads and clogged pores before they occur. So they're working at the source!

SO HOW DO I USE THEM?

Unlike spot treatments, retinoids should be applied to your entire face on a daily basis. Use a moisturizer to minimize dryness, and if you're in the sun, apply sunscreen. Think of it as your new routine, because even after your skin looks clearer, it's important to continue use to keep those breakouts away.

OK, BE HONEST. WHAT CAN I EXPECT??

Retinoids take a few weeks to start to work, and during this time, you might experience some dryness and irritation while your skin gets used to them. So, it could feel like it's getting a little worse before it gets better. But, like your old track coach used to say, "You just gotta push through it!" And for those who don't get any of these pesky side effects, it doesn't mean that the retinoids aren't doing their job.

The Low-Maintenance MYTH

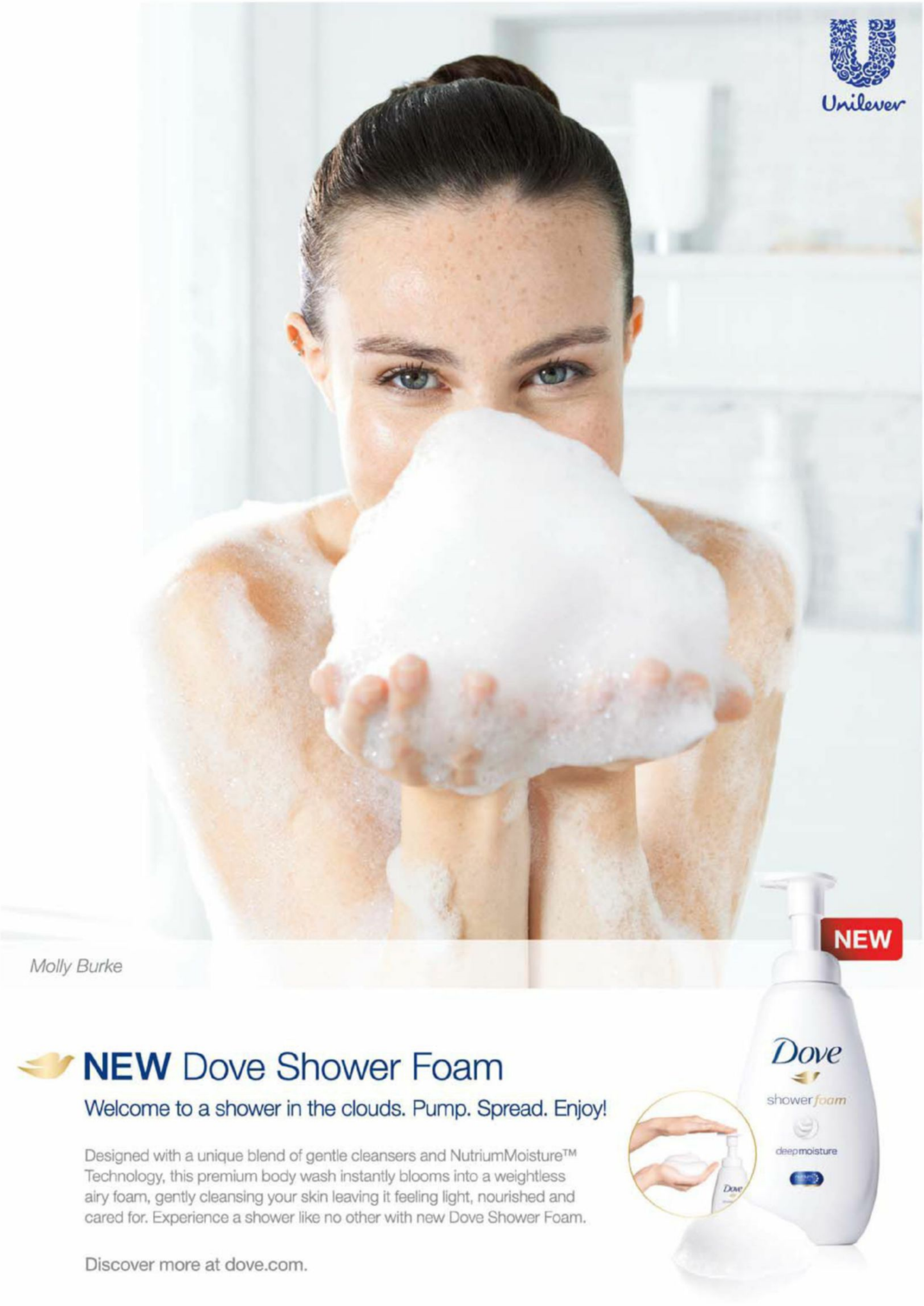
LOW MAINTENANCE *used to mean, well, just that. Now there's a new breed of "low-maintenance" woman. And* SURE, *she can say it only takes her* A FEW MINUTES *to get ready—but that's not counting the standing appointments, the* LASER RESURFACING, *the* LASH EXTENSIONS, *and the* KERATIN TREATMENTS. *Liana Schaffner explores the new phenomenon of bare-faced, air-dried, yet still* IMPECCABLE *beauty.*

The goal of waking up and looking flawless is so elusive, there's a fairy tale devoted to it. In *Sleeping Beauty*, a princess emerges from a century of slumber, exuding so much loveliness that a total stranger falls in love with her on the spot. It's a dreamy story that doesn't quite square with reality. Frankly, we'd rather not imagine the state of our eyebrows after 100 hours of neglect, much less years.



The key to pulling off taut, glow-y, preternaturally beautiful skin is partly about pretending you haven't done a damn thing.

MILES ALDRIDGE/TRUNK ARCHIVE


Unilever
Molly Burke
NEW
NEW Dove Shower Foam
Welcome to a shower in the clouds. Pump. Spread. Enjoy!
Designed with a unique blend of gentle cleansers and NutriumMoisture™ Technology, this premium body wash instantly blooms into a weightless airy foam, gently cleansing your skin leaving it feeling light, nourished and cared for. Experience a shower like no other with new Dove Shower Foam.
Discover more at dove.com.
Dove
shower foam
deep moisture

And how do you project an aura of sweet repose when you're rocking a stress-induced zit? (Or two. Fine, three.) Throw in the fact that most women would honestly prefer an uninterrupted nap to an unsolicited kiss and this classic fantasy starts to veer into parody. That said, our present-day notions of effortless beauty provoke satire, too. Amy Schumer's viral skit "Girl, You Don't Need Makeup" hilariously insists that all we need to look beautiful in the morning is our "inner natural glow"—plus tons of product. And shortly after Beyoncé declared, "I woke up like this" in her feminist anthem "Flawless," Lena Dunham suggested that the song referred to an impressive case of bed head. Around-the-clock perfection has always been regarded as a castle in the air.

Until now.

A growing number of women are investing in pricey beauty treatments that allow them to roll out of bed and breeze through their morning routines. The approach requires regular visits to salons and doctor's offices—but it does eliminate the daily tasks of penciling in brows, extending lashes, styling hair, painting nails, and breathing fresh life into dull complexions. For insight into what's driving this trend, just consider that exhaustive list.

In the grip of a tight schedule, it's easy to interpret any service that ultimately saves time and energy as a necessity rather than a luxury. That's why these treatments, once reserved for celebrities and special occasions, are becoming mainstream affairs. Even women who don't earn exorbitant salaries or have tons of disposable cash are committing to them, prioritizing convenience over cost. There's the full-time babysitter who invests in weekly blowouts, the executive

VALUE JUDGMENTS

The low-maintenance illusion doesn't come cheap. Here's what it'll cost you, on average, in both time and money.



BONDED HAIR EXTENSIONS
Wefts of human hair fused to your own using heat or vibration ▸
Takes: One to three hours
Lasts for: Three to four months

$650–$1,600

$1,062

NONABLATIVE LASER RESURFACING
(like Clear + Brilliant)
◂ Lasers that smooth skin and even tone
Takes: 25 minutes
Lasts for: Two to six months

GEL MANICURE
Polish whose molecules form polymers under UV or LED light for a chip-proof finish ▸
Takes: One hour
Lasts for: Up to two weeks

$35





$60–$500

LASH EXTENSIONS
◂ False lashes glued (one by one) on top of your own
Takes: 90 to 120 minutes
Lasts for: One to two months



MICROBLADING
Tiny needles used to tattoo individual hair strokes onto brows ▸
Takes: Two hours
Lasts for: 12 to 18 months

$450–$1,200

$350

KERATIN TREATMENT
◂ A chemical process involving heat—and sometimes formaldehyde (a known carcinogen)—that smooths hair
Takes: Up to four hours
Lasts for: Two to five months

BROW AND LASH TINTING
Vegetable dye that darkens hair by a shade or two ▸
Takes: Less than 15 minutes
Lasts for: Two to four weeks

$15–$35

CLOCKWISE FROM TOP RIGHT: TODD HUFFMAN; COURTESY OF PAINTBOX; JOSEPHINE SCHIELE (3)


NEW
i-SHINE
You shine through whatever life throws at you. Now your hair can too. Introducing a NEW generation of Infusium. Our advanced treatments, containing the i-23 Complex, REPAIR, RESTORE, and RESTRUCTURE for healthier looking hair. So your hair can live up to you.
RISE to the POWER of i
INFUSIUM

assistant who throws down for gel manicures, and the makeup artist who prefers intermittent laser treatments to the daily task of applying concealer. One such laser, the Clear + Brilliant, is a gentle, low-energy Fraxel that visibly improves tone and texture by creating microscopic wounds in the skin that spur new collagen growth. At several hundred dollars a session, it's a costly way to capture a glow but worth it to some. "I can't tell you how much it has changed my life," says Maria Maio, a makeup artist in New York City who decided to try the Clear + Brilliant as an alternative to artfully perfecting her problem skin each morning. Now, Maio says, she's out the door after a casual swirl of mineral powder.

Another time-strapped demographic fueling this offhand movement? Anyone who is charged with keeping another human alive—or is about to be. "We get lots of calls from pregnant women nearing their due dates," says Tirzah Shirai, the founder of Blinkbar in Los Angeles, which specializes in lash extensions. "They want their lashes done before they go into labor." Considering the labor-intensive nature of lash extensions themselves, there's built-in irony to this phenomenon. The entire process involves bonding individual hairs to the lash line and requires 90 (or more) minutes of pure physical stillness to complete. But the surreal, fluttery results last up to eight weeks and deliver more length and fullness than several coats of mascara. For women who expect to be deprived of sleep, investing in an instant wide-awake look simply amounts to good foresight.

But there's more than pragmatics at play here. Somewhere, embedded in our deep thinking like the thorn of a rose or a magic bean (choose your preferred fairy-tale reference), is the undeniable appeal of effortless beauty and the wish to obtain it. That's why these treatments are quickly shedding their cheesy, Real Housewives of Wherever reputations in favor of a natural-looking aesthetic. The vast majority of clients seeking lash extensions, for example, aren't interested in the mile-long, slightly cartoonish fringe worn by, say, the Kardashians. And the same rolled-back attitude applies to hair extensions. "Women just want to wear their hair down and not have stringy ends," says Lauren Mae Haggard, an extension expert in San Francisco who seldom gets requests for waves that ripple past the waist. It's this new emphasis on restraint that can make even more intensive cosmetic procedures, such as semipermanent makeup, feel less intimidating and almost commonplace. Microblading, a technique used to fill in scanty eyebrows, is a nuanced and friendlier version of a tattoo. It involves a group of extremely fine needles that form a "blade." That blade deposits pigment in the dermal layer of skin so it'll stay for 12 to 18 months—which equates to a year of not having to pencil in your brows.

"We get lots of calls from pregnant women.... They want their lashes done before they go into labor."

While we're sure there must be some psychological benefit to skipping past the mirror instead of fixating on it each morning, fans of these treatments may still be in for a rude awakening. Nonstop beauty tends to backfire when we get a little too accustomed to it. Once that glow-y, showy image starts to fade after a week, or a month, or a year, we could end up more dissatisfied with our appearance than ever.

It's possible we all need the occasional imperfection to keep us down to earth and rooted in reality.

—ADDITIONAL REPORTING BY DEANNA PAI











SEE *the* LIGHT

Glowing skin isn't just for people too young to vote or the cheaters who drag the brightness slider to the right. The key to glowing skin is eating right, sleeping well, and of course, seven days' worth of exactly the right skin care. **By Lexi Novak**

MONDAY

Rethink your cleanser. A face wash that tingles may feel refreshing, but it's probably not doing much for your skin's dewiness. Switch to a creamy formula that contains a humectant, like glycerin (in Dior Hydra Life Lotion to Foam Fresh Cleanser, below). If you're in a rush, reach for a cotton pad soaked in micellar water; it'll wipe away dirt without causing dryness. Try the formulas from Simple and Garnier.

TUESDAY

Toss your grainy scrub. "It may get rid of rough patches temporarily, but it'll make your skin even drier and flakier in the long run," says Joshua Zeichner, the director of cosmetic and clinical research in dermatology at Mount Sinai Hospital in New York City. Instead, pick up a sugar-based version, such as Ole Henriksen Moment of Truth 2-in-1 Polishing Sugar Mask (above). It dissolves as you massage it in, making it a very gentle option. Also, consider an alpha hydroxy acid peel to clean out pores and stimulate the enzymes responsible for cell turnover. Lancôme's new Visionnaire Crescendo Progressive Night Peel is a one-month peel system that revs up from gentle fruit acids to more intense glycolic acid. You can do it a couple of times a year for a refresh.



CLOCKWISE FROM TOP LEFT: OLIVIA FROLICH; JOSEPHINE SCHIELE (2)


Unilever
DISCOVER CARESS WITH FLORAL FUSION OIL
Caress
FINE FRAGRANCE
WORLD CLASS PERFUME
Sheer Twilight™
For A Lasting Enchanting Scent
WITH BLACK ORCHID & JUNIPER OIL SCENT
Body Wash/Jabón Líquido
SOFT SKIN
FINE FRAGRANCE
#MoreThanOneThing
Caress



L'Oréal Paris True Match Lumi Liquid Glow Illuminator in (from top) Rose, Golden, and Ice

WEDNESDAY

Face oils. Embrace them. As of today. They plump skin with hydration, making it more radiant. Plus they're, you know, oils, so they leave a little gleam of their own. And if you have naturally oily skin, face oils actually help regulate sebum production so you're more glow-y than greasy. Layer one (like Lumene Sisu Urban Antidotes Recover & Protect Facial Oil) under your regular moisturizer. For extra credit, try makeup artist Tom Pecheux's trick: Dip your foundation-covered brush in a few drops of oil before buffing it over the skin. "It won't look like you have any makeup on," he says.



THURSDAY

Add retinol to your pre-bed operation. If you've missed the praise we've heaped on this ingredient over the past, oh, 26 years, we'll recap: Retinol increases collagen production, firms skin, and evens out tone and texture, which makes it basically the best, most glow-inducing thing ever. Neutrogena Rapid Wrinkle Repair Regenerating Cream works like a prescription retinoid but is less likely to cause irritation.

FRIDAY

Highlight—within reason. "People make the mistake of putting illuminating powders or creams all over their face, but that will make you look like a disco ball," says makeup artist Kate Lee. She presses a mildly shimmery formula (we like L'Oréal Paris True Match Lumi Liquid Glow Illuminator) just along the cheekbones and jawline with her palms. While you're dialing back, don't rub a BB cream or tinted moisturizer all over the place, either. Focus on the temples, cheekbones, and bridge of the nose. If certain areas need extra coverage, use a damp sponge to dab them with concealer. And when you're done with all that, treat yourself (and your skin) to a coffee (or three): A recent study in the *International Journal of Dermatology* found that women who drank an average of three cups of coffee a day had significantly fewer skin-dulling age spots than those who drank the least.

SATURDAY

Now add a little color. "To make your face look like it's glowing from within, dab a peach cream blush across the apples of your cheeks, then blend it along your cheekbones and tap the excess from your fingers into the crease in your upper lids," says makeup artist Hung Vanngo. Dullness may still creep in around 3 P.M.—but don't double down on blush. Take a few deep breaths, inhaling for five counts and exhaling for seven. "You'll get oxygen flowing to bring color to your skin," says Ava Shamban, a dermatologist in Los Angeles.

SUNDAY

Today you can chill. No, really. If you're truly committed to the brightening cause, begin your days (starting with this one) by running an ice cube over your face (or at least splashing it with cold water). "The temperature change will release heat-shock proteins, a cellular response that repairs and restores skin cells," says Shamban. A less masochistic alternative: The new Dr. Jart+ Lover Rubber Masks are derived from seaweed, which temporarily cools the skin while driving hydrating and brightening ingredients deeper into it.

> "To make your face look like it's GLOWING FROM WITHIN, dab a peach cream blush across the apples of your cheeks."



Lancôme Visionnaire Crescendo Progressive Night Peel



Neutrogena Rapid Wrinkle Repair Regenerating Cream

JOSEPHINE SCHIELE (4)



YOU CAN'T SKIP
BAD HAIR DAYS
BUT YOU CAN SKIP
A SHAVE
Taming your mane can't wait,
but your next shave can.
Long lasting shave. Less nicks.*
Schick
Quattro
YOU™
FREE YOUR SKIN®
*Fewer nicks vs. Slim Twin® or ST2®
©2017 Edgewell





The Green *Party*



Scientists are just beginning to understand the benefits of green food, and what they're learning will surprise you. Now rethink that new juicer and listen up.

By Ramona Emerson





FOR PHOTOGRAPHERS' CREDITS, SEE CREDITS PAGE.



The other day, my mother asked if we should have waffles for breakfast, and my response shocked even me: "What if we had a salad?"

In the weeks since *Allure* asked me to write about leafy greens, I've changed. Once a kale agnostic, I'm now a Devout Kale Orthodox. The kind of person who eats spinach for breakfast and offers unsolicited advice to strangers in line at the salad bar: "You know, romaine is actually healthier than arugula." (I know, spoiler alert. Just sit tight for a minute.)

ALL THE GOOD THEY'RE DOING

The more I learned about leafy greens, the more of them I ate, and the more I ate, the more I wanted to eat. "It's a virtuous cycle," says Dean Ornish, the president of the Preventive Medicine Research Institute in Sausalito, California. "You feel so much better so quickly that it becomes positive reinforcement." While I can't say I felt physical changes immediately, the psychological benefits were instantaneous. Nothing makes you feel more superior than pulling out a Tupperware container of collard greens in front of your colleagues. I may have become a zealot, but as cults go, the cult of greens isn't a bad one to be in. (Although maybe every cult member feels this brand of righteousness?)

It seems like every week there's a new study telling us that a food we thought was healthy is in fact the sole reason behind the decline of civilization. But think about the Leafies. There's a reason you've never read a disparaging word about them. Research has shown, over and over again, that there's practically no anatomical system that doesn't benefit from more kale, more spinach, more watercress. They lower the risk of heart attack and stroke; they're linked to lower blood pressure; they keep the digestive tract healthy; they help you see better; they're protective against many types of cancer; and they even play a role in combating mental decline. Here's a gross oversimplification: They have pretty much every nutrient our bodies need, with the exception of protein and fat. But when I suggested to registered dietitian Tanya Zuckerbrot that I might go on an all-green diet, she quickly set me straight: "An average woman would have to eat 50 cups of kale per day to get adequate calories." OK, so you shouldn't eat *only* greens, but they actually are a good source of one kind of fat: omega-3, which is associated with alleviating everything from mood disorders to eczema. Fish is usually the go-to for this essential fatty acid, but omega-3s originally come from greens. Fish get them from eating algae, which, as everyone knows, are the salad of the sea!

One place where greens have been shown to be more beneficial than other vegetables or fruits is in the brain. Scientists are beginning to seriously examine the effects of diet on brain function. What they're finding is great news for anyone who thought cognitive decline was due to unlucky genes. When Martha Clare Morris, a nutritional epidemiologist at Rush University Medical Center in Chicago, tracked the eating habits and brain health of almost 1,000 adults over five years, she found that those who ate one to two servings of green leafy vegetables per day had the mental abilities of someone 11 years younger than those who didn't eat greens. "Of all of the different types of vegetables, green leafy appear to be most related to protection against cognitive decline," says Morris.

So what is it about greens that makes them so good for you? It probably has something to do with the tough life of a leaf. Think of the leaf as the engine of the plant: It's where photosynthesis, the process of turning light into fuel for the plant, occurs. Photosynthesis creates something called reactive oxygen species, which are turbocharged free radicals that wreak havoc in cells. To combat this molecular chaos, leaves produce tons of antioxidants. "Antioxidants put the brakes on those free radicals and keep those electrons from bombarding everything in the plants' cells," says Auriel A. Willette, an assistant professor of food science and human nutrition at Iowa State University. Antioxidants do the exact same thing in our bodies and have been linked to all kinds of health benefits, including protection against cancer and heart disease. Some of the most well studied are carotenoids, which our bodies convert to vitamin A. The amount of carotenoids correlates to the amount of chlorophyll. So the more chlorophyll you have, the more carotenoids there are. This is why you always hear that the darker green the vegetable, the more nutritious it is—specifically, it's richer in carotenoids. Among other benefits, carotenoids have been found to accumulate in the eyes and prevent macular degeneration, a leading cause of blindness. While kale may have the best PR team in the flora

> Those who ate one to two servings of leafy greens per day had the mental abilities of someone 11 years younger.

TRAVIS RATHBONE/TRUNK ARCHIVE

Tempting as it is, experts recommend against drinking your greens.

kingdom, according to a 2014 study conducted by the Centers for Disease Control and Prevention, it's not even close to the healthiest green. In fact, it's less nutrient-dense than romaine lettuce. Are you done screaming into the void? The researchers looked at how much of 17 different nutrients, including vitamins B, C, and K, were in a bunch of "powerhouse" foods. Then they ranked the foods in terms of nutrient density. The big winner was watercress, which has an average of 100 percent of the daily value of each nutrient per 100 grams. Spinach came in fifth with about 86 percent, and poor kale was way down on the list with 49 percent. According to all the experts I spoke to, this doesn't mean we should shun kale—the study didn't measure nutrients like carotenoids and flavonoids, in which kale is particularly high. But we should cover our bases by eating a variety of greens, since they're basically all good for you. Even lowly iceberg lettuce was ranked above almost every fruit on the list. The extreme complexity of food and how it affects our bodies is why it's hard to get a simple answer on whether greens should be eaten cooked or raw. While cooking at low heat can break down cell walls and make nutrients easier for the body to absorb, many nutrients, especially water-soluble ones, like vitamin C, are lost during cooking. "There's no simple rule," says Morris. "I recommend that people try both."

JUICES VERSUS SMOOTHIES

Tempting as it is to occasionally drink our meals, experts recommend against drinking your greens. There are three basic problems with green juice: First, many of the nutrients in leafy greens, including vitamins A, D, E, and K and carotenoids, are fat-soluble, meaning they are absorbed much more efficiently if consumed with fat, which green juice usually doesn't contain. Second, the fiber is filtered out, so you're going to feel hungry again before you finish the bottle. Third, many contain fruit juice, which ramps up the sugar content significantly. "They might contain 30 to 45 grams of carbohydrates," says Zuckerbrot. "That's like taking two pieces of Wonder Bread and pouring green juice on top." These juices will often advertise that they do not have added sugar, but of course, pineapple or apple juice has plenty of sugar on its own. If you must have your greens liquefied, doctors recommend smoothies way over juices. "I would rather have the whole vegetable blended as opposed to having a juice that is filtered," says Eric Rimm, a professor at Harvard's T. H. Chan School of Public Health. "Not only are you losing much of the fiber, but probably also some of the micronutrients and other compounds."

GREEN SUPPLEMENTS

This idea that the whole is greater than the sum of its parts is also why green supplements are not recommended. "There have been several clinical trials testing supplements where they found that even if you grind up watercress or kale, supplements have either not that much of an effect or no effect at all," says Willette. In fact, green-food supplements might even be bad for you. While lutein, a type of carotenoid, has been shown to slow the thickening of arteries, taking carotenoids in supplement form not only doesn't reduce heart disease but in some cases increases heart-related complications.

To bastardize Michael Pollan: Eat greens, all kinds, cooked and raw. And since you're being so virtuous, make it easy. I hate to cook and I love kale, so I eat a lot of kale salads. I also buy my greens prewashed and chopped. Yes, it's more expensive, but for me it's the difference between eating them and letting them wilt in the crisper drawer. The important thing is to get greens into your body by any means necessary, because most likely we are only beginning to understand how good they are for us. Says Ornish: "Study after study shows that when people eat a plant-based diet, they feel better—fast."

FACE Plants

We know that what you eat affects how you look. Studies have shown that diets that are high in antioxidants and low in sugar and fat are associated with fewer wrinkles, less sun-induced skin damage, and even reduced acne. But what about bypassing the whole eating part and rubbing kale right on your face? That's exactly what companies like Bobbi Brown, Pacifica, and Youth to the People are hoping you'll do with their new leafy-green-infused serums, moisturizers, masks, and cleansers. The companies claim that antioxidants found in kale, spinach, and Brussels sprouts will make your skin taut, glow-y, and generally youthful. The bottom line from dermatologists: "Vitamin C and vitamin E have been used in skin care forever. Whether the nutrients come from kale or something else, they have the same effect," says Elizabeth Hale, a clinical associate professor of dermatology at NYU Langone Medical Center in New York City. What could potentially set these products apart is that they incorporate the whole food instead of just using individual antioxidants synthesized in a lab. "It's just like when you eat a whole vegetable. You may be getting more nutrients than we even know about," says Mona Gohara, a dermatologist at the Yale School of Medicine.

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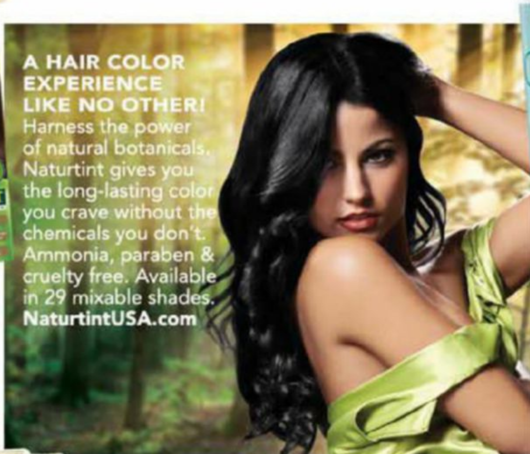


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The Neutrogena Light Therapy Acne Mask clears up breakouts in as little as one week. Hair and makeup, Mark Williamson; manicure, Holly Falcone. These pages: Prop stylist, JoJo Li.

TECH IT UP A NOTCH

Welcome to a new era of skin care: Devices that plug in, light up, spin around, and possibly scare your dog (more on that in a second). We enlisted real women and top dermatologists to flip on nine of the latest options and report back on whether they make good on their line-smoothing, face-firming, acne-banishing claims. **By Katie Becker**

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THE ZIT ZAPPERS

Tria Positively Clear 3-Step Acne Skincare Solution

The claim: This device ($149) shoots out blue LED lights—kind of like a flashlight—that kill acne-causing bacteria. Shine it over breakouts and breakout-prone spots for five minutes every day to shrink pimples and prevent new ones.

The test drive: "I started this two weeks before my period, and my skin stayed totally clear," says our tester, who gets hormonal breakouts. "When I stopped using it, I started breaking out again." So (obviously) she turned the thing back on, and her pimples went away a day or two faster than usual. It's painless—"the device heats up, but it's not uncomfortably hot"—and easy to travel with.

The expert opinion: Studies show that this particular type of blue light destroys acne-causing bacteria and turns down the dial on sebum production so you're less oily, says Roy Geronemus, a clinical professor of dermatology at NYU Langone Medical Center. But, he notes, it's not a fit for everyone: "It's not helpful for blackheads and whiteheads, nor for deep cystic acne. It's good for the little red bumps called papules and pustules, which are the most common forms of acne." Geronemus recommends using the Tria along with prescription acne medications (like retinoids) or as a safe alternative for those who can't tolerate other treatments due to skin irritation and dryness or pregnancy.

Neutrogena Light Therapy Acne Mask

The claim: Wear this hockey-mask look-alike ($39.99) for ten minutes daily and its blue and red LED lights will reduce breakouts in as little as one week.

The test drive: "I recently stopped birth control, and my skin started getting oily and breaking out," says our tester. "After using the mask for about a week or two, I definitely saw results." Not only did her acne clear, but she's been less oily, her pores seem smaller, and her complexion has brightened up. "They say you can keep your eyes open while you use it, but the lights were too intense for me. I keep my eyes closed and listen to podcasts to pass the time."

The expert opinion: There are plenty of published papers showing that blue and red lights effectively treat acne, says Neil Sadick, a clinical professor of dermatology at Weill Cornell Medical College in New York City. The combo works by killing acne-causing bacteria (with the blue lights) and bringing down inflammation (with the red lights). "When hair follicles on the face become plugged, bacteria overgrows and enzymes are released that cause inflammation," Sadick explains. While he'd like to see more research on this particular device, he says "it's very safe, it won't hurt your eyes, and it's OK for all skin types." Plan to use it for six to eight weeks to see full benefits.

"THE THING SOUNDS LIKE A REALLY LOUD VIBRATOR. WHEN MY IN-LAWS WERE VISITING, IT WAS AWKWARD."

THE FACE LIFTER

Clarisonic Smart Profile Uplift Firming Massage Head

The claim: If you pop the cleansing brush off of your Clarisonic Smart Profile device and pop on this triangular, rubbery attachment ($54), it will harness the device's vibrations to help creams and serums penetrate and firm skin. You should use it for three minutes on your face, neck, and décolletage twice a day for brighter skin (after 1 week) and a tightening effect (after 12).

The test drive: Right off the bat, our tester noticed a firmer jawline for a few hours after each use. "I would apply a rich moisturizer first, which helped the applicator glide along my skin without tugging," she says. Still, its triangular shape meant it hugged best along the jaw; the flatter surfaces of the forehead and cheeks were a bit harder to maneuver along. The main downside? "The thing sounds like a really loud vibrator," she says. "When my in-laws were visiting, it was awkward. I felt like I had to give them a heads up on exactly what I was doing before I retired to the bedroom and turned it on."

The expert opinion: Facial massage is semi-legit. "Mechanical stimulation can increase muscle contraction and give a temporary lifting effect that lasts several hours," says Sadick. But that's about it. "Massage has never been shown to increase penetration of skin care," he says. "That's a myth."

LAYING IT ON THICK

Are you always cutting corners on your multipart layering routine? Well, there's a device for that. Take a 20-question assessment and Nu Skin uses your answers to generate a customized, five-step anti-aging regimen. But here's where it addresses your laziness: The regimen arrives in a preloaded device, the AgeLoc Me ($480). The machine—it looks like a sleek, high-tech soap dispenser and is about a foot tall—sits on your bathroom counter. With the press of a button, it delivers a single predosed pump of all your recommended serums and creams—a full routine mixed into one dollop. The results: hydrated skin and a pleasantly surprised sensitive-skinned tester. Just keep in mind that if you're always running around, this system isn't remotely travel-friendly. —KATHLEEN SUICO


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THE WRINKLE SMOOTHER

Beauty Bioscience GloPro

The claim: Run a roller studded with teeny-tiny needles (they're 0.3 millimeters long) over your skin three times a week and lines will look smoother after one month. The tool ($199) also vibrates, which is supposed to make the pinpricks feel less creepy and uncomfortable.

The test drive: Once she got over her initial intimidation, our tester quickly became "obsessed." And then flattered. "After a week and a half, I started getting a lot of compliments on my skin—I heard that it was glowier at least three times," she says. "It feels more springy and looks plumper. And I think there's been a decrease in wrinkles on my forehead." Any pain was minimal: "It feels like an intense facial scrub." In the hour after treatment, however, her skin did look red, so she uses the roller only at night.

The expert opinion: Microneedling has become popular among dermatologists, who love it for smoothing acne scars, wrinkles, and stretch marks. "In the office, we use a device with pins that go deeper [than at-home devices], but anything that causes small wounds is helpful," says Sadick. "Wounding triggers skin's repair functions, like producing new collagen to help smooth wrinkles. Most people should see results in three to four weeks." For safety, Sadick advises that you don't use this at-home roller over the same area multiple times in one sitting or when your skin is irritated. And don't use an exfoliant right afterward. Also, we cannot stress this enough: Clean the MicroTip Attachment Head thoroughly with rubbing alcohol after every use, and replace it every three months.

OUR TESTER QUICKLY BECAME "OBSESSED.... I STARTED GETTING A LOT OF COMPLIMENTS."



Clockwise from left: Tria Positively Clear 3-Step Acne Skincare Solution, Beauty Bioscience GloPro, and Michael Todd Beauty Soniclear Petite.

THE POWER CLEANSER

Michael Todd Beauty Soniclear Petite

The claim: This facial-cleansing brush ($89) uses a high-speed motor to oscillate (rather than spin) its nylon bristles to get your skin squeaky clean. The brush head has unique antimicrobial bristles that prevent stain- and odor-causing bacteria.

The test drive: Immediately after each use, our tester noticed a brighter, softer complexion. "I used the brush twice a week on the highest setting with a gentle cleanser," she says. "It felt like a cell phone vibrating." After her first use, her cheeks were a little tender, so moisturizer afterward is a must. As promised, the brush stays clean—no smell, no foundation buildup, no need to worry about breakouts.

The expert opinion: "Vibrating brushes are always superior to scrubs or washcloths because the oscillations draw out oil, debris, pollution, and dirt, rather than swirling it around on your skin," says Tina Alster, a clinical professor of dermatology at Georgetown University. And of course, the antimicrobial bristles are a plus.


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From top: Dr. Dennis Gross Skincare SpectraLite EyeCare Pro and Newa Skin Care System.

THE SKIN TIGHTENER

Newa Skin Care System

The claim: This handheld wand ($450) firms skin using radio frequency (a.k.a. controlled heat). Use it on wrinkles up to five times a week for four minutes on each area that you want to target—it vibrates when it's time to shut it off. You'll see fewer wrinkles (in a month) and firmer skin (in two months).

The test drive: "Immediately after every treatment, my skin looked smoother and plumped up," our tester says. "After four weeks, it felt firmer and looked smoother overall—but not Botox smooth." She found it wonderfully mindless to glide the device in circular motions around her face, which meant she could easily use it while shooting off emails (albeit with one hand). "The electrodes just feel warm," she says. "If 1 is room temperature and 10 is curling-iron hot, it's a 4."

The expert opinion: "Radio-frequency energy is the gold standard to contract collagen fibers and stimulate new collagen in a medical office," says Alster. At-home radio-frequency devices use less energy, but if you stick with one, it'll deliver enough heat over time (at least two months of regular use) to rival in-office skin-firming results. "When I used it, I saw some immediate tightening, though that's possibly from mild tissue swelling," says Alster. "I think this is really good for people with a small amount of laxity in the cheeks and jawline."

"THE LIGHT [FROM THE GLASSES] IS REALLY BRIGHT—WHEN I TURNED THEM ON, MY DOG RAN AWAY FROM ME."

GETTING INTO EYE GEAR

If you hate crow's-feet (or love *RoboCop*), man, have we got news for you: The new Dr. Dennis Gross Skincare SpectraLite EyeCare Pro ($159) shines collagen-boosting red and amber LED lights around your eyes and between your brows—and makes you look like a cyborg. "We know that red light can reduce inflammation in the skin and kick-start the creation of new collagen; amber light helps skin rejuvenate, but not as much as red," says Alster. "It should take about a month or two to see crow's-feet and 'eleven' lines begin to reduce." The directions say you can keep your eyes open while wearing the glasses, but our tester had to find a different time to catch up on *The Crown*. "The light is really bright—when I turned them on, my dog ran away from me," she says. Another new gadget, Me Bright ($129), is a small wand that emits red LEDs and radio frequency. Shine it on the skin around your eyes for three minutes, five days a week, and after two months "you might see a modest amount of skin tightening," says Geronemus. (His assessment is in line with what the company says you can expect.) Our tester noticed her crow's-feet softening after about a month. But again, the device was too bright for her to keep her eyes open while using it.


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Suit of ARMOR

We smooth it with scrubs. We soften it with creams. We dab it with highlighter. But our skin is so much more than a reflection in the mirror. Our skin is the metaphor that defines how we're seen—and how we see ourselves. With that in mind, *Allure* asked 41 women of color to tell us the story of their lives through their skin—and skin tone. Because our skin can be both a vulnerability and a defense. But most importantly, it can be a source of celebration.

Left, on Dilone: Swimsuit by Alix. Bracelet by Hervé Van Der Straeten. Center, on Aamito Lagum: Swimsuit by Acacia Swimwear. Earrings by Marni. Right, on Imaan Hammam: Swimsuit by Mikoh. Earrings by Loewe. Makeup colors, on all: The Falsies Push Up Angel Mascara, Brow Precise Fiber Volumizer, and Shine Shot Glassy Shine Lip Topcoat by Maybelline New York. Details, see Shopping Guide.

PATRICK DEMARCHELIER

The Beauty of Diversity

Forty-one women of color share stories about diversity, inclusion, and the politics of skin color in beauty.

Reporting by *Lindsy Van Gelder* **and** *Elizabeth Siegel*
Photographed by *Patrick Demarchelier*





Left, on Dilone: Cotton top and pants by Stella McCartney. Earrings by Georgina Trevino Contemporary Jewelry and Dilone's own. Center, on Imaan Hammam: Cotton top and skirt by Sonia Rykiel. Earrings by We Who Prey and Hammam's own. Right, on Aamito Lagum: Cotton-blend top by Isabel Marant. Cotton pants by Stella McCartney. Earring by Tibi. Makeup colors, on all: Sourcil Styler brow gel in 3, Click & Glow Highlighting Skin Fluid in Lumières d'Or, and Juicy Shaker in Piece of Cake by Lancôme. These pages: Hair, Ward; makeup, Romy Soleimani; manicure, Donna D. Prop stylist: Cristina Forestieri. Fashion stylist: Laura Ferrara. Details, see Shopping Guide.

*BETHANN HARDISON,**

founder, Bethann Management Co.

"I arranged a town hall meeting in 2007. The room was packed. There were editors, stylists, model-agency owners—and I sat in front of them and talked about what I thought was inappropriate behavior. [Models of color] were being told, 'Sorry, no blacks, no ethnics.' Newspapers started writing articles about 'Is there racism in fashion?' And it changed. 'I'm sorry, no blacks, no ethnics' has never been said again."

PADMA LAKSHMI,

author, actress, and executive producer, *Top Chef*

"My skin is a map of my life. Before high school, I lived in a white suburb of Los Angeles where there were so few Indians that they didn't even know the 'correct' slurs. They called me the N-word or 'Blackie.' For a long time I hated my skin color. Even in India, there's a complicated history. My grandmother discouraged us from going in the sun; she didn't want us to be dark. We were only allowed to play outside after 4:30. There was a cosmetics line called Fair & Lovely—that says it all. [And] when I started to work as a model, people would on occasion say things to me like 'You're so pretty for being an Indian.' I have a seven-year-old daughter who is very fair. Once she told me that some boy said to her she was white, not Indian, and shouldn't wear a bindi. I told her to tell him she's brown on the inside."

"[My daughter] told me that some boy said she was white, not Indian, and shouldn't wear a bindi. I told her to tell him she's brown on the inside."

MEGHAN MARKLE,

actress, *Suits*

"I have the most vivid memories of being seven years old and my mom picking me up from my grandmother's house. There were the three of us, a family tree in an ombré of mocha next to the caramel complexion of my mom and light-skinned, freckled me. I remember the sense of belonging, having nothing to do with the color of my skin. It was only outside the comforts of home that the world began to challenge those ideals. I took an African-American studies class at Northwestern where we explored colorism; it was the first time I could put a name to feeling too light in the black community, too mixed in the white community. For castings, I was labeled 'ethnically ambiguous.' Was I Latina? Sephardic? 'Exotic Caucasian'? Add the freckles to the mix and it created quite the conundrum. To this day, my pet peeve is when my skin tone is changed and my freckles are airbrushed out of a photo shoot. For all my freckle-faced friends out there, I will share with you something my dad told me when I was younger: 'A face without freckles is a night without stars.'"

ZAZIE BEETZ,

actress, *Atlanta* and *Slice*

"My father is German; my mother is African-American. Growing up, I visited my grandparents in Berlin a lot. I would not see any other person of color for three weeks. People would stare. They would say things like 'Oh, you look like chocolate—I want to eat you up!' I've been to gatherings where people would say, 'She has so much race in her' or would use the word 'n*****'—or the German term '*neger*.' And I would be like, Who are you talking to? I feel German, I speak German, [but] I don't look German. In the United States, if you're African-American, it can be assumed that your family has been here for generations. In Europe, colonialism is much more alive and it's assumed you're from Nigeria or Senegal. I would have these conversations like 'Where is your mother from?' 'Brooklyn.' 'No, but where is she *from*?' I would respond, 'We don't know,' since we can't trace our roots beyond North Carolina. Slavery has erased our ability to find our origins. We have been here as long as some of the first immigrants."

HABIBA NOSHEEN,

journalist, *The Fifth Estate*

"I was born in Pakistan, and when my mother told me we were moving to Canada, I asked her, 'What do the people there look like?' And she said, 'They look like the show you watch, *Full House*.' So I assumed that when I would arrive in Canada, I would turn into a white blonde. And I was horrified when I got to the airport and I was still brown. I just couldn't understand that different colors coexist. I think I've come a long way from that nine-year-old girl who wanted to trade in her brown skin for white. I love what my brown skin looks like and what it represents. And there are many times I'm fully unaware of my skin. The perfect example is I'm talking to somebody, and they would look at me and say, 'So how do they do that in India?' I say, 'I'm not sure. I'm from Pakistan. But I can Google it for you and find out.' That always creates such an awkward moment, but I think awkward moments are not bad; they push us to confront our prejudices. Uncomfortable as it is to hear 'Oh, you speak English really good for a brown lady,' it really tells me that people have these ideas but there's no healthy space to ask these things. We lack basic vocab about understanding our differences. Now I love walking into a room and I don't look like everyone else. I hope that love for my skin I've developed as an adult I can pass on to my kids."

BALANDA ATIS,

manager, L'Oréal's Global Women of Color Lab and U.S. Liquid Face Lab

"Up until several years ago, the primary target for most cosmetics companies was the Caucasian consumer. But the population has changed quite a bit, and businesses have had to come up with shades for people of medium to dark skin. I was given the opportunity to measure skin tones. We noticed that there was an area of violet in darker skin tones that had not been understood in the past. We ended up incorporating ultramarine blue, which takes you deeper but not necessarily blacker. I like to say that there's a new skin tone born every day."

SUSAN C. TAYLOR,

dermatologist and associate professor of dermatology at University of Pennsylvania Perelman School of Medicine

"We still have a ways to go in terms of skin care, which is mostly geared toward anti-aging. Women of color have more melanin than Caucasian

***These interviews have been edited and condensed for space.**



IMAAN HAMMAM,
model

"I'm half Moroccan, half Egyptian, and I was born in Amsterdam. I'm Muslim, and I'm superproud of my heritage and of my roots. I want to be a role model for young girls who are struggling with racism or struggling with their looks or with their skin color. I had Naomi Campbell, who I looked up to as a black powerful woman. But there aren't many Arabic models, and being an African-Arabic model, I'm trying to open doors for more Arabic girls."

Cotton nylon sweater by Zero + Maria Cornejo. Bikini top and bottom by Maryam Nassir Zadeh. Earrings by J. W. Anderson. Bracelet by Loewe. Makeup colors: Healthy Skin Liquid Makeup in Honey and Hydro Boost Hydrating Lip Treatment by Neutrogena. Details, see Shopping Guide.

women, which means we age later, and we age differently. We don't have fine lines and wrinkles so much as pigmentation; sagging rather than crow's-feet. I was very inspired by the Black Power movement of the '70s. Kathleen Cleaver and Angela Davis with their Afros were so authentic! And today, you look at Obama, Michelle, and the kids, and it makes me feel proud. I think it took companies many years to realize the economics of meeting the needs of darker-skinned women. There's no escape from America realizing that we are brown now. We can only hope that everyone realizes that we're all Americans."

DASCHA POLANCO,

actress, *Orange Is the New Black*

"It's very difficult to get foundation that matches my skin. And I'm all for the contouring stuff, but I like to look like myself. I don't have a thin nose. You can see my African features, so I like to embrace these things as opposed to covering them."

GRACE LEE,

Maybelline New York makeup artist

"I was born in Korea, but I came to Canada when I was six months old. I'm Canadian. From the time I was six or seven, I was obsessed with beauty. My dolls had eyeliner and extra eyelashes. I cut all my friends' hair and did their prom makeup. When I was at university, I got a part-time job working at a M.A.C. counter. One day I did this woman's makeup, and afterward she said to me, 'You must be so proud of yourself—your English is superb!' I was speechless. The other thing growing up was people asking me if I was related to Bruce Lee. Is he the only Asian person you know? More makeup artists now know how to do Asian eyes. The fake-crease thing drives me to drink. Our eyes have monolids—they're flat! Why are you trying to make us look like white people?"

HEATHER WOOLERY-LLOYD,

dermatologist and director of Ethnic Skin Care at the University of Miami Miller School of Medicine

"I was the only black child in nearly every class from kindergarten through college. I was very academic. I cared about SAT scores. I was a bookworm. I didn't develop any major insecurities—except about swimming.



Swimsuit by Acacia Swimwear. Earrings by Marni. Makeup colors: Brow Stylist Kabuki Blender in Brunette and Voluminous Feline Noir Mascara in Blackest Noir by L'Oréal Paris. Details, see Shopping Guide.



My hair! Swim parties were not a simple thing. I went to school with the model Niki Taylor. She was an exceptionally kind person, and one day when I had won some award, she congratulated me and told me how lucky I was. I remember thinking, You are on four magazine covers this month, including the *Seventeen* magazine that's in my backpack. But I always had my identity as a student. African-Americans are really underrepresented in dermatology. I felt this huge responsibility to learn everything there was to know about women of color. Many black women who are dealing with embarrassing issues, like hair loss, do not want to come in and take off their wig for a doctor who isn't an African-American woman. During my residency, I specifically took advantage of every opportunity to learn about dermatologic conditions in skin of color, because I knew when I completed my training that patients were going to seek my expertise."

DEWANDA WISE,
actress, *Shots Fired* and *Underground*

"Being a chocolate-black girl, there's always this conversation about what it means to live in a duality. I went to all-white schools. My differences were always really kind of celebrated. I didn't grow up teased—I was homecoming queen. I didn't hit the glass ceiling until I was starting to audition. And even then, we all have our privileges—I have a pretty face. I still found myself being in the same conversations as women who look nothing like me. What I find inspiring now is differences are being celebrated. There's this earnest exploration of what it means to be beautiful. The queen mother of chocolate girls is Viola [Davis]. In Hollywood everyone has a type. If you're blonde in your 20s, they expect you to be ditzy. And Viola was like, 'OK, this is the space that I'm placed in, but it's my job to subvert your expectations.' Between her and Kerry [Washington] opening the doors...I wouldn't be on *She's Gotta Have It* now if it weren't for those women."

CONSTANCE WU,
actress, *Fresh Off the Boat*

"My family is Chinese-Taiwanese. I'm from Richmond, Virginia. The community in which I grew up was pretty white. The storybooks you got at school featured white children and an animal, or animals. *Fresh Off the Boat* is the first television show led by [an] Asian-American [family] in over 20 years. I'd always been in the supporting role, the best friend or the assistant to the white person. And I was grateful. But once I was in the lead role and other people started making a big deal out of it, I realized I was previously blind to it."

JEANINE DOWNIE,
dermatologist in Montclair, New Jersey

"African-Americans and Latinos lose elasticity—we sag where Caucasians wrinkle. People don't realize that skin of color needs sunscreen, and that gets on my last nerve. Bob Marley died of melanoma! Skin cancer is underdiagnosed among people of color in part because people don't think it's a problem. I do think companies understand that dollars are coming from all ethnic markets, not just Caucasians, [but] we're still peripheral in ads. I'd give it a C—before I would have given them an F."

LILLY SINGH,
vlogger and author, *How to Be a Bawse* (Random House)

"The last time someone made me feel bad about my skin would be every single comment I get about my face makeup not matching my neck. It's something I get on YouTube. Maybe if more foundation matched my skin tone, haters would slow their roll."

EVA LONGORIA,
actress, *Lowriders;* director; producer; and activist

"I remember growing up in Texas not speaking Spanish and yet feeling as Latin as can be—kind of being a fish out of water. It was definitely hard for people to just assume you're one thing, but you're not just that one thing. That was something to navigate early on in Hollywood. Because Hollywood has an idea of what they think Latina looks like, and I didn't fit into that box, so I had to create my own box. I live my life trying to surpass limits given to me by others.... I've always known I have beautiful skin because my dad has amazing skin and I look like him. You know, diversity in Hollywood is on its way to being embraced. But we still have a long way to go. I think there's something that happened in which it's become cool to have darker skin."

"Hollywood has an idea of what... Latina looks like, and I didn't fit into that box, so I had to create my own box."

TESSA THOMPSON,
actress, *Westworld* and *Annihilation*

"I think about the civil rights movement—you couldn't organize [with] Twitter, Instagram, and text messaging. Now we have so much access to information [and] each other. It's a wonderful time for women who [are] coming forth and being like, 'This is who I am,' and it's beautiful. When you're a black person in this country, some things you don't mean to be political statements become political statements. You're just saying, 'I won't allow how anyone else talks about standards for beauty to disrupt the way I want to live my life.'"

AJA NAOMI KING,
actress, *How to Get Away With Murder*

"I was afraid of the darkness of my skin. I believed I had to be celebrated for my intelligence and my sense of humor. Those could be the beautiful things about me since my skin couldn't. I remember in junior high having a beach day with my family and going to school the next day. Someone in my class exclaimed shock at my appearance. She didn't know black people could tan. The look on her face stuck with me. For years, I wanted to avoid direct sunlight. The comments you hear as a child stick with you. [I was] afraid of photos in dark rooms because you know no one will be able to see you in the picture and [people] will make fun of you. [I feared] walking into a room that has a black wall and

hearing someone remark about how you've disappeared. You try to avoid these situations so you're not in a position to act like you don't care or [you] make fun of the darkness of your skin before someone else does so that maybe it will sting less. It has been a process of self-love to embrace the beauty of every single drop that makes up the richness that is my beautiful brown skin. If you learn anything in life, learn to love yourself. There is no amount of makeup or skin-care products that will make you love yourself."

MISHA GREEN,

cocreator, writer, and producer, *Underground*

"My skin is a shade darker than caramel, with a speckle of chicken pox scars that I tried to pass off as freckles in middle school. Spending summers in the South growing up, I was always aware of colorism in the black community, but it wasn't really until I attended an all-white middle school that I encountered it. I remember riding the bus and one of my classmates was turned around in her seat staring at me. I asked why. She wanted to know what I was mixed with. She had never seen such a pretty black girl, so she assumed I must be mixed with something. At the time, I was too offended to answer. But since then, I have been asked what I'm mixed with too many times to count, and each time I am met with skepticism when I reply that I am black. I continue by informing the misinformed—the African diaspora comes in many hues; all of them are beautiful."

LIU WEN,

model

"I have the skin of a Chinese woman. It has a healthy color and glow. My skin's beauty is a gift from my parents. As a child, I did not consider this too much, but after I started modeling internationally, people would compliment me on my skin. Only then did I appreciate this gift. It doesn't matter where you come from or who you are—always cherish yourself. Be proud of your heritage."

KHOUDIA DIOP,

model and diversity and anti-bullying advocate

"My skin is dark and glows. It almost seems blue, and it's supersoft. I realized my color is beautiful when I got out of my country [Senegal]. I was in Italy on vacation, and I saw my reflection in a mirror. I saw how unique my skin was and why people stop me on the street to ask about it. I started falling in love with it."

SASHEER ZAMADA

comedian and *Saturday Night Live* cast member

"When I was younger, a lot of older black people would tell me, 'Don't go outside for too long because you don't want to get darker.' When I got older, I realized it was passed-down colorism. What the black community has experienced has been absorbed. We kind of police each other. My mom grew up in Arkansas during the civil rights movement. She's one of seven kids, and she's one of the darker-skinned kids in her family. She said that her mom would treat the lighter-skinned kids better. My grandma absorbed whatever messages she was getting in the world: 'If you are light as a paper bag or if you have straighter hair, you will get treated better.' Thankfully, my mom didn't pass any of that energy to me. [Being on *Saturday Night Live*,] I've gotten some really nice comments from other black people who say, 'It's so nice to see a woman of color who looks like me on TV.' I am darker than a lot of women who are on TV, and my hair is natural. To a lot of people, it's important to see me on TV, and I'm so happy to be there and do that."

JESSICA ALBA,

actress and founder of the Honest Company and Honest Beauty

"It's important for [my daughters] to know that beauty comes in all shapes and sizes and colors, to celebrate diversity and point out people who have [a] different tone, or they're covered in beautiful freckles, or they have tight curls or long waves. All of it's beautiful. Girls who choose to wear boys' clothes, who don't want to put on a face of makeup, who want to shave their heads—that's beautiful. What makes someone beautiful is the power of owning who they are, and confidence, being kind, having compassion. Those types of themes are what I really try to nail into my girls' heads. The only way that any of us is going to advance is if we have a generation of people who aren't living with prejudices about standards of beauty. I think an African-American president and First Lady really helped. [And] having more women have a seat at the table has opened up the dialogue on inclusion and diversity. We all should be celebrated. We all deserve a seat at the table."

HANNAH BRONFMAN,

DJ and founder of HBFIT TV, a beauty and fitness website

"My mother is an African-American from the South Side of Chicago who married a white guy in 1978. She was hyperaware of racism and made me aware of that. I went to a private girls' school where I was one out of five girls in the class who looked like me. I really first encountered it when I went to dance class at Alvin Ailey with girls who were a lot darker. They'd tease me that I didn't have rhythm. When I was 12, I had a falling out with a friend. She called me the N-word. The fact is that stuff is taught. African-Americans are still underserved by cosmetics. I've been using a line called Wander, by Lindsay Ellingson—a blue-eyed white girl. Their colors are great."

TAMIKA MALLORY,

activist, national cochair of the Women's March on Washington, and founder of Mallory Consulting

"When I was in elementary school, I lived in a community that was predominantly black and Latino. The light skin–dark skin issue was very prevalent. The Latino [kids were] the cool kids, while the black kids were sort of looked down on. It definitely created insecurities. Today, I am 100 percent comfortable in my skin. Each one of us has to be comfortable in our skin. That's what will change the world. There is some young girl who is watching, who has darker skin, who is going to be encouraged by your confidence, your ability to walk in your skin. [The Women's March] was a great display of what this country really looks like. Now we are going to have to be committed to resistance. Resistance looks like the National Park Service tweeting about climate change regardless of whether somebody is going to lose their job. Resistance looks like not accepting 'alternative facts.' Resistance looks like registering to vote. If you woke up after the election feeling disparaged, threatened, welcome to the reality that black people have been dealing with



DILONE,
model

"I don't think people realize just how much Latinas vary in skin tone. I have Colombian and Dominican friends who are superdark and others who have blonde hair and blue eyes. We are kind of stepping away from thinking this is what someone Latin should look like, with a light skin tone and big butts. It's celebrated more now than in the past, just how different Latin women are. My role model growing up was Selena. I love her music, what she represented, her sexiness. And just being herself. She wasn't trying to conform to something else."

Viscose-blend top by Balmain. Bikini top by Jade Swim. Bikini bottom by Maryam Nassir Zadeh. Necklace (worn as belt) by Hervé Van Der Straeten. Sunglasses, Dilone's own. Details, see Shopping Guide.

for a long time. If people of good conscience are to see a real healing, it's going to have to start with fighting for the most oppressed."

PIA WURTZBACH,
Miss Universe 2015

"It took a while for people to accept me as a representative of [the Philippines]. Usually, the representatives we send to the Miss Universe competition have dark skin. I'm on the fair side, and it took them a while to see if I could be an accurate representative of the Philippines. I went through a lot of experiments. The first year I put on some tanning lotion, and I didn't win. My second year, I went and tanned [and didn't win]. And on my third attempt, I didn't go three shades darker. I won."

LORA ARELLANO,
makeup artist and founder of Melt Cosmetics

"When I started working in makeup, some people would immediately think I didn't know how to work with their skin tone. I constantly heard, 'Oh, I saw this Hispanic girl, and I didn't know if she could match my skin tone.' I usually sit them down, like, 'Trust me. I got you.' Once they see the finished product, they won't question you again. Now the majority of my clients are African-American. I used to try to buy makeup for darker skin tones, and it was hard. I had to use eye shadow to contour. Now there's a brand, AJ Crimson, that [has] one of the darkest colors in foundation."

JESSICA MATTEN,
actress, *Frontier*

"The indigenous part of me is Métis, and my family hails from a very racist part of Canada. Growing up, my mother was taught: 'Keep it hush. You're light-skinned, so you can get away with people not thinking you're native.' She wanted better for her children, so I didn't grow up on a reserve. In the city, there was still a lot of racism toward native people. I was always trying to overcompensate for what I was by being the best on the sports team, joining the photography club, the drama club. I was trying to prove the color of my skin didn't make me less than as a human being. When I was 14, a boy called me a drunk squaw, a very derogatory term. My mom and I started holding workshops for other aboriginal women about self-esteem. At a young age, I was able to do some deep soul searching. When I finally had the courage to look in the mirror and say, 'I love you,' I began to love the color of my skin and all parts of me."

BECKY G.,
singer and actress, *Power Rangers*

"When my brother was in a [baseball] tournament, I'll never forget the coach on the other team saying, 'You people' because we won. My little brother is Mexican and a lot of his team[mates] were African-American. That really opened my eyes—'Wow, this still exists?' I've never let the color of my skin or the fact that I'm a woman stop me from anything. It was a big, big deal when I got cast [as Trini in *Power Rangers*]. She's Latina! This is the next generation—it's moving forward."

ALBA RAMOS,
a.k.a. Sunkissalba, vlogger

"Being Dominican, I think a lot of us have struggled with our skin color. We either absolutely love our skin color and we're proud of it or—in my case—there was no reassurance for me that my skin color was beautiful.... [Then I went from] school in an area that was 99 percent Hispanic to a high school that was more diverse. The fact that I was able to surround myself with different people helped a lot on how I see myself. Today, I am superproud of my color. Every day there's at least one comment on social media or my YouTube [from someone who] specifies they feel much more accepting of themselves because they see me."

"I think I've come a long way from that nine-year-old girl who wanted to trade in her brown skin for white."

SUSAN KELECHI WATSON,
actress, *This Is Us* and *Louie*

"I'd been watching *Louie* and knew that his children [on the show] were blonde, blue-eyed kids. I went into the audition room, and I said, 'I know I'm not going to play the wife, because have you seen the kids?' The people casting looked at me and said, 'We're gonna press record.' I would have never thought that I would have been considered for something like that. They said, 'Louis [C.K.] wants to come and speak with you.' I hadn't met him yet, and he said, 'Hey, I'm Louis. We've been looking for you for a long time. We finally found you.' Wow."

HUDA KATTAN,
CEO of Huda Beauty

"Growing up, my family and I would travel to [the] Middle East to visit our relatives, and they would always favor lighter skin and comment on my dark skin. I always knew I was darker than most of my friends and relatives, but I loved it. What's important is that you never let your skin color define you. Skin color is special because it's yours."

VERONICA WEBB,
model, founder of webbonthefly .com, and first woman of color to have a major cosmetics contract (with Revlon in 1990)

"Every time there's a big idea or a different idea, there's going to be controversy; there are going to be detractors. There were people who were offended that a black person would have a Revlon contract. Some of them even went into threats. Then there were other detractors who felt I wasn't black enough. So too black, not black enough. The point is that the world is also full of smart, kind people, and that's why things move forward."

BEVERLY JOHNSON,
first African-American model to be on the cover of *Vogue* and author, *The Face That Changed It All* (Atria Books)

"I didn't know I was going to be on the cover. My agent called and told me, and I couldn't put on my jeans fast enough to run down to the magazine store. I didn't know it was a first. It was a different time, and it wasn't a topic that they never had anyone black on the cover of *Vogue*. My whole life was defined by that moment—I realized the responsibility I had taken on."



AAMITO LAGUM,

model

"Growing up in Uganda, I did not fit into the ideal. I was too dark. I was too tall. But I didn't really notice I was black until I came to the U.S. Here I'm black, whereas I was just a person in Uganda. [*Last year, there was a close-up of Lagum's lips on the M.A.C. Instagram feed that triggered racist remarks in the comments section.*] It wasn't that big a deal to me—haters gonna hate—and I was able to brush it off. I posted back, 'My lips are giving you sleepless nights.' I grew up loved by my family. That love enabled me to love what I saw in the mirror. I learned to love my skin too much to fit someone else's script. It is the same love that keeps me safe from comments that would otherwise offend me."

This page: Cotton top by Alexander Wang. Linen shorts by Jil Sander. Necklace by Leigh Miller. Makeup colors: Lash Domination Volumizing Mascara, Brow Master Brow Gel in Universal Taupe, and Invisible Glow Powder Highlighter in Dark to Deep by BareMinerals. Opposite page, from left: Swimsuit by Alix. Swimsuit by Mikoh. Earrings by Loewe. Details, see Shopping Guide.

Check out Hammam, Dilone, and Lagum's messages to the world of beauty and fashion at allure.com/beauty-diversity.





ALICIA MACHADO,

actress, activist, and Miss Universe 1996

“I’m trying to put all my attention on positive things—all the races are beautiful. We need to be stronger than we’ve ever been before. No more competition between us, the powerful women’s community. We need to teach that to the next generation.”

DEMI LOVATO,

Singer, songwriter, and actress, *Smurfs: The Lost Village*

“I’ve been having makeup applied to my skin for as long as I can remember. While I love to play around in makeup, I didn’t like it when makeup artists would apply it so heavy. I always felt like it wasn’t letting my skin breathe, so I was extremely diligent about washing my skin. Beauty is more than skin deep. Skin care isn’t entirely about vanity. Something as simple as washing your face is a way of treating yourself with respect. I’ll sometimes post pictures on social media of me caring for my own skin because I want to be a good example for my fans and create awareness of skin care and self-care.”

JOAN SMALLS,

Estée Lauder spokeswoman

“My skin is a caramel color with olive undertones. My mother’s complexion is golden and olive. All my family members have a variation of skin tones and color, and not once have we ever mentioned it or compared it. One thing I miss the most about living in Puerto Rico: My color was darker, and my ancestry was more noticeable—my Latina and African side. When I first started modeling in Europe, the makeup artists asked me if I brought my own foundation. I was taken aback—this is a professional? It’s sad that they hadn’t worked with more people with my skin tone.”

SAMIRA WILEY,

actress, *Orange Is the New Black* and *The Handmaid’s Tale*

“In the African-American community, they had something called the brown-bag test. If you are lighter than the bag, you’re OK. There are a lot of parts I read in scripts and think, Why are they sending me this? This is for a beautiful white girl. Not only is that in other people’s minds, but now it’s permeated my mind as well. I encourage anyone who’s reading this to be whoever they are. I want to be an example of someone who is trying to do that every day.”

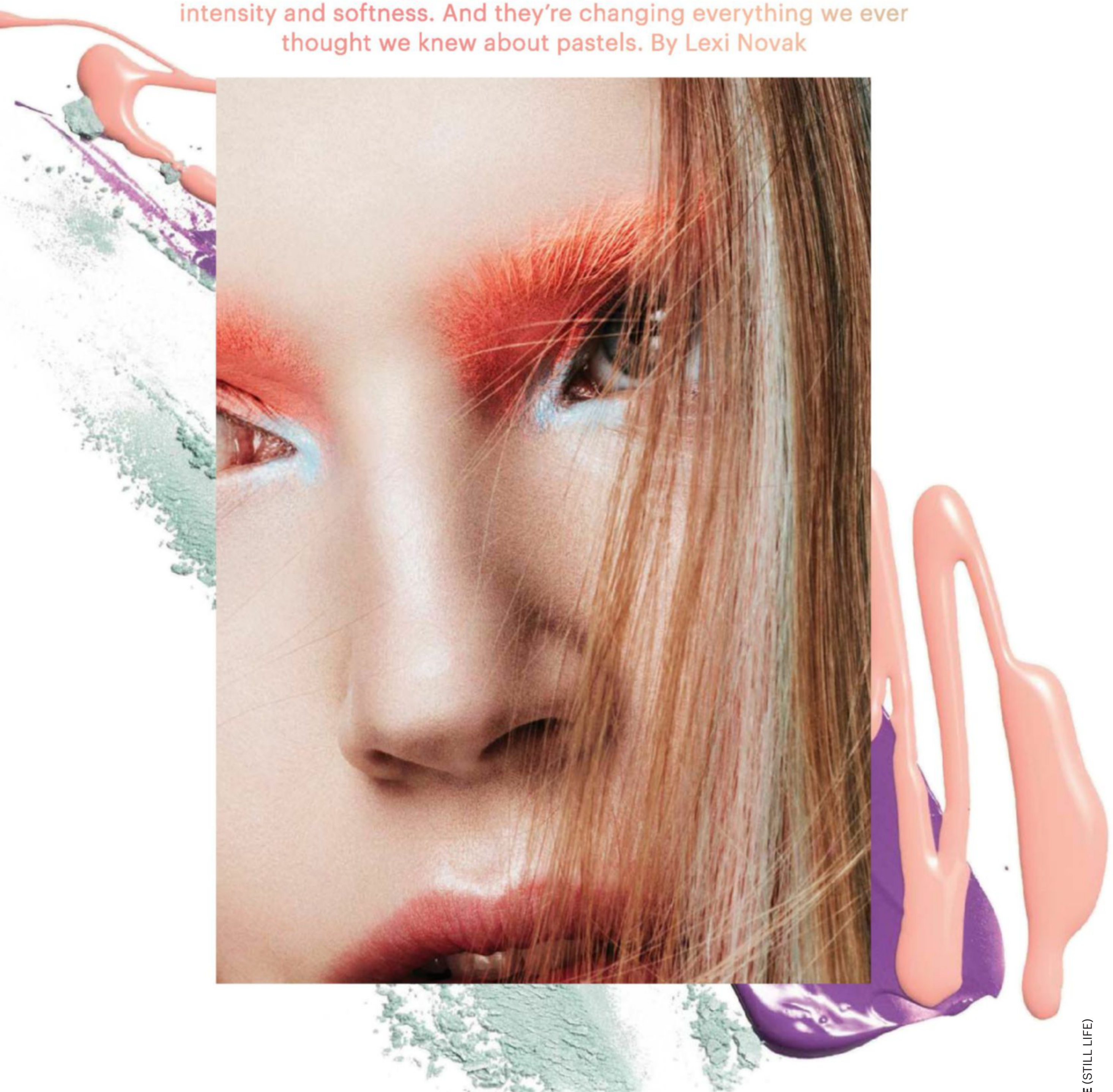
PRIYANKA CHOPRA,

actress, *Quantico*

“[My skin] is as complicated as I am. When I was growing up, I didn’t see anyone on television who looked like me. Initially companies didn’t have colors that matched Asian or Indian skin. Because I’m darker, I had issues as a teenager—society pressure that a girl is prettier if she’s lighter. Pressures exist, and it’s on us to make those pressures not seem important to girls. I’ve achieved what I’ve achieved, and skin color has nothing to do with it—in fact it might have been an asset. I like the color of my skin very much. It’s so primitive to me that people are judged on the basis of the color of their skin. I mean, it’s skin. We all have it.”

Living Out Loud

The new high-voltage shades give an empowering fury to eyes and a rebellious jolt to lips. They're the collision between intensity and softness. And they're changing everything we ever thought we knew about pastels. By Lexi Novak



FIRE AND ICE
Acid orange brushed up through the brows is a rallying cry; sky blue on the inner corners provides an angelic counterpoint. Makeup colors: Velvet Shadow Stick in Grand-Large and Duo Eyeshadow in Mediteranee by Nars. These pages: Makeup, Erin Parsons; hair, Didier Malige; manicure, Naomi Yasuda. Model: Ola Rudnicka. Fashion stylist: Celia Azoulay. Above: Dior Colour Gradation Eyeshadow Palette in Blue Gradation, L'Oréal Paris Infallible Paints lip color in Lilac Lust, and Essie nail polish in Excuse Me, Sur.

Photographed by Ben Hassett

JOSEPHINE SCHIELE (STILL LIFE)



COLOR RIOT
Minty green, frosty purple, and daffodil yellow may seem unbearably girlie at first, but with bleached brows—or at least bare lashes—the look becomes cool and rebellious. Take that, Rainbow Dash. Makeup colors: Artist Shadow in M-408, I-916, and ME-122 by Make Up For Ever.



COMIN' IN HOT
Pink lips aren't exactly groundbreaking. But when the pink is intensely saturated (here, makeup artist Erin Parsons layered liner, cream, and powder) and paired with marigold eyes, you are leading the revolution. Makeup colors: Pigment in Rock-It Yellow and Lipstick in Fusion Pink by M.A.C.



The Doctor Will Snap You Now



A slew of plastic surgeons are taking to Snapchat to show videos of breast-implant surgery, butt lifts, liposuction, and more. ***Loren Savini*** *steps into a surgical gown and finds out where ethical boundaries are being drawn.*

Photographed by Grant Cornett



PROP STYLIST: JOJO LI.

There's no way to say this nicely. The first thing you notice is the smell of burning flesh. You see the little white ribbons of smoke hovering over the patient, but it doesn't hit you until a circulation nurse swings open the operating-room door, wafting that apocalyptic smell around the room where it sucker-punches your gag reflex. I had watched hundreds of tummy-tuck videos on Snapchat leading up to this moment, but I wasn't ready for the stench. When you watch this procedure on your iPhone, with little pink hearts decorating the corners of the shot, it's not nearly as brutal. Emojis soften the blow.

If you follow Beverly Hills plastic surgeon Cat Begovic on Snapchat (beautybydrcat), you saw this surgery in early January. It's a tummy tuck plus hernia repair for an already slender woman. She's had a few kids, and the skin on her stomach had stretched and sagged. If you're having trouble placing it, it's the surgery Begovic snapped the same day as a video of her cat chasing a soccer ball. There was also a selfie, a weekly Snapchat surgery schedule written on a whiteboard like a *TV Guide*, a couple of before-and-afters—tap, tap, tap your screen—and now you're caught up. You didn't see me in any videos (it was offered; I declined), but I was there, hunched over in the corner of the room, wrapped in a blue medical gown, trying to breathe deeply through a surgical mask, and, despite having gotten permission from the patient to be there, feeling pretty creepy about the whole thing.

"Creepy" seems to be the standard response when I tell people about the plastic surgeons who broadcast their surgeries in real time via Snapchat to an audience of...who knows, really. Children? Perverts? Plastic-surgery hopefuls? "Is that even legal?" asks the bartender at my Los Angeles hotel. The answer is yes, so long as the patient signs a release with any personal caveats (like: "My butterfly tattoo was custom. Friends will know those are my innards"), and the doctors are free to use your unconscious body (minus the butterfly) for marketing purposes.

Begovic is in the company of a growing number of surgeons taking to social media to show off their work. Given the success of plastic surgery on television (*Nip/Tuck*, *Dr. 90210*, *Extreme Makeover*), it should come as no surprise that their snaps have viewers, and a lot of them. Dr. Miami, the Florida-based plastic surgeon widely credited as the creator of the operating-room Snapchat, is a veritable celebrity with an upcoming We TV series. There is capital in cutting people up on camera.

I first meet Begovic in her Beverly Hills office early on the morning of the tummy tuck. She's running a bit behind, filming the intro to her Snapchat story in the back because the lighting is better (she has a ring light set up for selfies). It's Barbie's Dream Waiting Room—everything is white or pink or damask or glittering. And there's a framed advertisement for her Snapchat handle on the front desk.

When she crosses the room, her loose curls are blown back by some divine wind machine. She's 40 but doesn't look it, maybe because of the Botox injections she performs on herself for her Snapchat followers. She speaks deliberately but with the slightly rising inflection of a Valley Girl—a board-certified Valley Girl with a Harvard degree. She's wearing pink eye shadow and pink lipstick and a lab coat with her name embroidered in pink thread.

She walks me through the tummy tuck and the labiaplasty I'll be observing. "There might be kids watching, so I don't show the vagina," she says. "I feel like it's my responsibility to censor things like that." Then she has me sign a consent form from the surgery center, "in case you pass out or have any emotional or psychological...you know." I start to ask whether it's OK that I have my phone in the operating room before I remember who I'm talking to.

The psychological "you know"s are part of the mystery. Who is watching this and why? It strikes me as kind of macabre. I guess there's the train-wreck theory: You can't look away. But that seems a little too simplistic. I'll glance over when I see a flaming car on the side of the road, but I sure as hell don't cruise around on the freeway hunting for one. Similarly, my social media feed is not specifically curated for seeing unwelcome flesh cut from a human body. I'm more of a baby-animals person. I like to know what Selena Gomez is doing in her free time.

Granted, all I have on Selena is a two-dimensional shrunken-down version of her life. As far as I know, she lives in the 4.7-square-inch rectangle that is my phone screen and only in the 30-minute intervals before and after work while I'm sitting on the train. Maybe that's how these surgeries exist—fans are tuning in, tapping through, and moving on. But the real story is so much larger than 6.2 GB of app space. When you're actually in the operating room, it's not just a window of flesh framed by gauzy blue medical cloth. There's a person under there. I met her! She was pretty and sweet and quiet. And then I watched her drift off under anesthesia, giving sleepy half-answers to the medical staff. I

Some male doctors operating room was no

watched them arrange her body in an unnatural pas de chat. I watched as a surgeon cauterized the muscle away from the fat for hours, making an oozy living cave between her body and her flesh. I watched her abdomen get tucked and sewn and a triangle-shaped portion of her belly get sliced off. I heard the sound it made as it flopped onto the table—like meat being weighed at a butcher's shop. I tried my best to forget the face of the pretty and sweet and quiet girl so that I wouldn't burst into tears. And of course, there was that burning-flesh smell. That smell that's piped right into the devil's personal sauna, where he can bask in its smoky, musky, suffocating stench.

The people watching these graphic snaps, Begovic tells me, are young women. They want surgery, but they're scared. They're unhappy with the length of their labia, but they didn't know they could do something about it. For them, she provides step-by-step explanations and a Q&A session at the end of the day. Or, she says, they're looking for a role model: "They're just looking for motivation and inspiration. It's challenging being a woman in a male-dominated field."

She regales me with tales of her training, when some male doctors would tell her that the operating room was no place for a woman or that her breasts would be too distracting for them. She does an excellent job of convincing me that she's a Snapchat champion of feminism. The platform is simple: She wants to show young women that if they work hard, they can play with the boys ("and be better") and have a fabulous lifestyle to show for it.

The fascinating thing about Begovic is how deliberate she is in a celebrity-self-awareness kind of way. Every Snapchat that I watch is quickly rehearsed and thoughtfully framed before her assistant counts down to the recording ("Ready...set...go"). It hardly ever requires more than one take, although if she's not feeling it after three or so words, she'll ask to start over. Then Begovic will give a final glance of approval before the video or photo goes into editing on the sidelines. There are captions to add, emojis, and filters. She has a knack for rattling off hashtag suggestions in the OR.

The five-hour tummy tuck will be condensed into 20 or so ten-second snapshots and videos. That's a tummy tuck in 200 seconds—about three minutes of Snapchat content—edited and filtered for optimal glamour. Rest assured that the snapshots in which you can see the glistening flecks of human fat on her gloves were deleted and reshot. And up to 80,000 people will watch.

Begovic is a diligent doctor. The nurses are perfectly capable of mixing lidocaine, but Begovic likes to do it herself "just to be sure" it's done correctly. She can detect a change in blood pressure from the soft beeps of the heart monitor at the same time as the anesthesiologist. It just so happens that she can do all of this while her staff selects the best moments, lighting, and angles for Snapchat. It's become second nature. "I basically speak in ten-second bursts," she says.

If you're looking for something feistier to add to your feed, Sejal Patel (mydrsej), a plastic surgeon in Beverly Hills, has an office across the parking lot from Begovic. He has his own hashtag: #ShapedExtraJuicy, built off of the first three letters of his name and a callout to his drastic Brazilian butt lifts. Patel's snaps are more playful; there's music in the operating room, the occasional video of him rapping, and an "after" butt-lift video that frequently involves him zooming in on the newly plumped derrière and shouting "*KABOOOOM!*" at the reveal.

"As long as you're showing respect for your patients, it seems a little onerous for [us] to maintain this burden of having to behave in a certain way," he says. "I feel like I'm conservative with my Snapchat, but other people may think that I'm insane."

Patel is so animated, it's surprising. The way he sees it, Snapchat is the ultimate marketing tool. You see his before, you see his after, and then you'll book an appointment. "If you're bored with that, then go watch someone else's Snapchat. I'm not here to entertain you. I'm here to show you that I do really good work."

But not everyone sees it that way. "You've gotta look at the before and the after. If I take a girl who's—not to put girls as numbers, but—let's say we take a 9. And I do something on her. The likelihood is now she's going to look more than a 9." I recoil a little from his rhetoric; he doesn't notice. "If I take a woman that's got an obesity problem...no matter how hard I work on her, the likelihood is that she probably won't look as good as [the 9], who was already hot—I made a small incremental change, and now she looks like an unreal goddess. Everyone is looking at the after and saying, 'You are the most amazing doctor in the world.' No, I'm amazing for the one that weighed 200 pounds and can now go on a date and feel better about herself." A humanitarian ignored.

would tell her that the place for a woman.

Patel says that an overwhelming majority of his patients agree to be on his Snapchat, which is, I tell him, surprising to me. Aren't they concerned that you'll be more focused on your phone than the procedure? "That's a hilarious concern because you're literally showing thousands of people what you're doing. It's the opposite. Once you start the Snapchat, you gotta finish it, and it better look good—or you're gonna look like a jackass. It takes balls to show what your results are."

Most of the patients who agree to speak with me have a similar attitude. They see Snapchat as accountability. And it is about passing on the good will—they were nervous about a procedure, but when they saw the snaps, they knew they weren't alone. The other response: Who cares? It's anonymous. One man who had a full-body lift—which is exactly what it sounds like—was in it for the novelty: "Of course I would agree! I was filleted! Once you're awake, it's over. You want to see what happened." But the one thing they all said was that they had found their surgeon through Snapchat—wouldn't it be hypocritical not to sign the forms?

Not all plastic surgeons are as forthcoming about their social media endeavors as Patel. Tarick Smaili, or Dr. Smiley—having forgone his given name for his Snapchat handle—is another Snapchat aficionado based in Beverly Hills. He doesn't answer repeated requests for an interview. His Snapchat is one of the more over-the-top depictions of plastic surgery I've seen. Smaili's feed is like a three-ring circus, but the segments of him in wacky costumes providing personalized shout-outs to his fans suggest that people love the show. His snaps range from speculation on whether or not Gisele has had any work done to him handling a silicone breast implant. People don't believe me when I tell them about the "bubble-butt dance," a brief artless shuffle that he films his scrubbed-in staff performing over the newly plumped-up ass of a still-unconscious patient. I'm sure the patient had to have given permission for this terrifying ritual. It's loud and frenetic and, to Smaili's credit, I can't stop watching.

It isn't until Patel sheds a little light on his own personal motives that I start to understand: "I don't need [the media] anymore. If you're good on social media, you're gonna be successful." Smaili has crafted himself into a kind of celebrity (or so he'd have you believe), and he's doing just fine on his own, thank you very much. Whether he doesn't want me to see beyond his social media image or he just doesn't give a shit about me doesn't really matter. It's important to remember that these snaps are not indicative of what surgery is. They give a glimpse of a procedure, sure, but it sounds different. It smells very different. It takes much longer. There is a recovery period that is not documented. You never actually see the patients slowly fade off under anesthesia. When these surgeons aren't "on" and ready to film, they're quietly suturing or chatting with their staff or, in some cases, getting a little testy with a snap-ographer.

After a week on the set of the Beverly Hills operating rooms, here's how I reconciled this showbiz-y version of medicine: On my flight to L.A., I sat next to the Bachelor himself. He spent the flight crafting tweets and discussing with a person I assumed was his handler what he might say on *Jimmy Kimmel*. Now, the Bachelor is not certified with the American Board of Plastic Surgery, and his selfies are far from, say, a graphic breast implant, but what you're getting as a consumer of social media—of any media—is packaged in a similar way. He is creating the narrative, and all you're seeing is the final, filtered product, exactly the way he wants you to see it. If all goes well, you will lap it up without question.

The surgeons of Snapchat are no different. Do I think Begovic actually "chills" on Friday by putting on a cocktail dress and playing Chopin on a white baby-grand piano? No. But that's the "Dr. Cat" brand that she's selling. "You still have to do your own research," says Begovic. "You still have to get information from a credible source. It doesn't matter how many followers your doctor has."

They're all in it for different reasons, maybe some more noble than others, but we should know what those reasons are and hold on to that. By selecting the people whose content you choose to follow, you're filling your feed with their manufactured images. The best we can do is try to suss out the facts. The same goes for actors, that girl from college you stalk on Instagram, news outlets, and presidents. In this case, if you can look past the heart emojis and the rap music, you'll see the truth in the operating room: A person wanted to feel better about her body, and she signed on the dotted line.

"If you're good on social media, you're gonna be successful."

PROP STYLIST: JOJO LI.



The ACNE Epidemic

MORE WOMEN THAN EVER BEFORE ARE DEALING WITH CHRONIC STUBBORN BREAKOUTS. AND NO ONE REALLY KNOWS WHY (WHICH IS ALMOST AS FRUSTRATING AS THE PIMPLES THEMSELVES). BUT NOW MORE RESEARCHERS THAN EVER ARE WORKING ON FINDING A CURE (EVEN A *VACCINE*). AND WHILE WE AWAIT THE FINDINGS OF THOSE BRILLIANT SCIENTISTS, WE'VE FOUND A FEW IMMEDIATE PATHS TO CLEAR, FLAUNTABLE SKIN.

BY ELIZABETH SIEGEL



INEZ AND VINOODH/TRUNK ARCHIVE

Picture a place where the white-sand beaches stretch for miles, there are more palm trees than people, and no one's ever popped a pimple. It's called paradise. But also: Kitava. It's one of the islands that make up Papua New Guinea, and you'll never find concealer there, because no one who lives there gets breakouts. It's a ginormous contrast to the rest of the world, and not just because of the palm-tree-to-human ratio. Globally, 9.4 percent of the population has acne. In the U.S., the percentage is even higher: About 50 million, or 15 percent, of us have clinically meaningful acne; that could mean one pimple a month or chronic breakouts, says Joshua Zeichner, an acne specialist and director of cosmetic and clinical research in dermatology at Mount Sinai Hospital in New York. And that number is rising—at least in one group: "The incidence of adult female acne is increasing every year," says Zeichner. "No one really knows why."

Awesome.

But there are theories: It could be genetics; it could be the kind of milk in your coffee; it could be stress. We're working more, sleeping less, and frantically refreshing glowing screens all day because, sweet Jesus, why hasn't that email come through already? And studies have shown (over and over) that stress ups oil production in the skin. If you develop acne in your 40s (and about 12 percent of women do), it could be from shifting hormone levels, says Zeichner. For a generation of women prescribed the Pill at 16, struggling with breakouts in their 30s and 40s could be the aftermath of going off oral contraceptives for the first time. "Or maybe it's evolution," says Zeichner. "We think of it as something that happened thousands of years ago, but our bodies are constantly evolving."

Currently, he's conducting a study in collaboration with the Mount Sinai genetics department to "look for genes that are overexpressed in patients with acne," he says. At the University of California, San Diego, researchers are working with an antibody that could become an acne vaccine. And that's just the beginning. All around the world, the race is on to find the cream or shot or herbal tincture that will eradicate breakouts once and for all.

While they're figuring it out, we can tell you how to clear up your skin right now—and if you want to grab a bikini and a one-way ticket to a remote island in the South Pacific, well, that never hurts.

THE HORMONE FACTOR

If your acne is cystic and concentrated around your jaw and mouth, your hormones may be to blame. Because the Pill stops the hormonal fluctuations that can bring on those breakouts, it's often a solution. And if you started taking the Pill in your teens or 20s, well, you may not even realize it's helping keep your skin clear until you go off it and break out. Some women develop cystic acne for the first time only after they stop taking the Pill, says Jill M. Weinstein, an attending dermatologist at Feinberg School of Medicine at Northwestern University.

The link between other forms of birth control and breakouts, however, isn't as clear-cut. "There's currently controversy around IUDs and acne," says William James, a professor of dermatology at the University of Pennsylvania who has seen patients break out after switching from oral contraceptives to the semipermanent device. "Many IUDs output hormones, which could lead to acne flare-ups, but it's such a small amount of hormones that we don't know if those are causing acne or if it's because you're losing [the skin] benefits of oral contraceptives."

Another pill with skin benefits is an oral blood pressure medication called spironolactone. "It's undergoing a renaissance for acne treatment," says James. "It blocks the effects of androgen [hormones] on oil glands." But it's not without potential side effects, such as irregular periods. So companies are researching ways to control excess oil production (a sign of hormonal acne) without influencing hormone levels. The most promising, DRM01, is a topical drug that shuts off the enzymes needed to make sebum. It could be available in as little as two years.

FACING EAST

CAN HERBS AND ACUPUNCTURE GET TO THE ROOT OF RECALCITRANT BREAKOUTS? KATIE BECKER SURRENDERS HER SKIN TO CHINESE MEDICINE.

In the ten years that I've battled painful, inflamed acne on my chin and cheeks, I've seen at least a dozen dermatologists—and not one was able to tell me the source of the problem. (Although they did offer plenty of products and prescriptions to treat the symptoms.) But when I found myself on the table of acupuncturist and herbalist Sandra Lanshin Chiu, who specializes in treating the skin with traditional Chinese medicine, I got a very firm (if inscrutable) answer: I have too much damp.

Apparently this has nothing to do with my Seattle roots. It's Chinese medicine for: My body's sluggish about carting off toxins. So they build up in my skin.

Chiu's treatment plan is threefold: first, toxin- and inflammation-clearing herbs, adjusted biweekly depending on my sleep quality, digestion, stress level, and menstrual cycle. They come as precooked liquids that taste like a mix of hay, vinegar, and spoiled vegetables; I have to drink them twice a day. Three times a week, I also spend ten minutes using a flat jade stone to gently pull or "scrape" the skin on my face and neck. It's a massage technique called *gua sha*. And finally, acupuncture. Once a week, Chiu uses hair-thin needles to open energy "blockages" throughout my body, reducing excess tension to relieve stress and improve circulation.

This Eastern approach requires trial and error, potentially a few months of it. And patience is not (or, at least, was not) one of my virtues. But I'm now a year in, and my breakouts are less severe, less frequent, and easier to calm. I'm hopeful that they'll soon be almost nonexistent. And in the meantime, I've become far more in tune with how to keep my body happy and healthy—from my digestion to my sleep to my workouts. I've slowed down a beat, and maybe that was just the answer I needed.

MORE THAN 125 ACNE PRODUCTS LAUNCHED IN THE U.S. JUST LAST YEAR.

THE BIG GUNS

WHEN 40 GREETED ANDREA FRANKLIN WITH HER FIRST-EVER CYSTIC BREAKOUTS, SHE LEARNED A THING OR TWO ABOUT ISOTRETINOIN (THE DRUG FORMERLY KNOWN AS ACCUTANE).

I'm not saying I drink too much. What I'm saying is that if I did drink too much, a little heads up would have been nice.

Here's what they don't tell you right off the bat about isotretinoin: no drinking. The medicine stresses your liver. And alcohol stresses your liver. See where I'm going with this? Three, four, maybe five months to glowing skin also meant three, four, maybe five months staring at my tequila collection with longing and nostalgia. My dining-room bar would become a study in unrequited love. (Maybe cutting back wouldn't be the worst thing.)

And yes, I have a dining-room bar. I'm no college kid. I'm a full-on grown-up, and after a lifetime of pretty damn good skin, I was dealing with near-constant cystic breakouts. For two plus years, I tried it all and finally asked my dermatologist for the hardest of the hard stuff.

Here are the other things you don't know about isotretinoin.

First: You will have to take a test every month. A blood test—to assess that liver situation—and a test test. You want blemish-free skin, you've gotta multiple-choice your way there. The test test is to prove that you know the hazards of getting pregnant while on the drug. The hazards can best be summed up as a cross between science fiction and straight-up horror. If you ever don't know the answer to a question, pick the one that you would see in a straight-to-video Tobe Hooper movie. You have to promise to use two kinds of birth control, but feel free to add a third: abstinence. (Taking a pill wrapped in a picture of a pregnant woman slashed by a red line has a way of killing the mood anyway.)

Secondly: Aquaphor. Cases of it. Isotretinoin shrinks your oil glands, and while you're on it, your skin will be all kinds of dry.

Finally: In three, four, five months, sit the hell back and glow. I'm halfway there as I write this and already freaking radiant. In another month, I'll be done, and I will be beaming like Venus.

I have just the Patrón for the occasion.

The Works

Drink your weight in water, buy Walgreens out of alcohol wipes... or stick with the many *proven* acne fighters.

Benzoyl peroxide. It works in about 12 weeks by calming inflammation and killing the bacteria that cause acne. But there's a good chance you're using it the wrong way. "We used to think of benzoyl peroxide as a spot treatment," says James. "But since it kills *P. acnes* bacteria, we now know to use it all over to prevent new breakouts." A 2.5 percent or 5.5 percent formula works as well as a 10 percent one without the flaky side effects. (La Roche-Posay Effaclar is a dermatologist favorite.)

Salicylic acid. It's in *a lot* of acne products, but because it works by removing excess oil and dead skin cells from the skin's surface, it's really ideal only for blackheads and whiteheads, not usually deeper pimples. If salicylic acid creams dry you out, Zeichner suggests looking for the ingredient in a face wash (like Bioré Charcoal Acne Clearing Cleanser): "Leave it on for as long as it takes you to sing the alphabet."

Retinoids. "They're like pipe cleaners for your skin," says Zeichner. "They minimize the stickiness of dead cells so they're less likely to clog hair follicles and cause pimples." Differin gel, with 0.1 percent adapalene, was recently approved by the FDA for over-the-counter use. A doctor can prescribe tretinoin or tazarotene. "Combining retinoids and benzoyl peroxide is also very effective because the ingredients act in different ways," says James, who likes the ratio in the prescription gel Epiduo.

Antibiotics. If your acne is cystic, persistent, or severe (15-plus pimples at once, but who's counting?), "oral antibiotics can get it under control by decreasing inflammation and killing some of the *P. acnes* on your skin," says Weinstein. But just last year, the guidelines for this treatment changed. "The CDC found a significant portion of resistant bacteria was a result of long-term antibiotic use, which was common with acne patients," says Weinstein. "Now we prescribe oral antibiotics for only 12 to 14 weeks."



INEZ AND VINOODH/TRUNK ARCHIVE

LEARNING TOLERANCE

UNA LAMARCHE FIGURED OUT HOW TO ACCEPT HER SKIN FOR WHAT IT IS. IT ONLY TOOK HER 20 YEARS.

As it does with most of its victims, acne descended on me in my teens. I've repressed the exact year (most photos have been ritually burned), but it was the mid-'90s, when every white girl (like myself) was rocking chalky foundation that fell somewhere on the color spectrum between the Pillsbury Doughboy and Brad Pitt in *Interview With the Vampire*. Every morning I would apply this ghostly paint to my pimples, only to find that by the end of school it had melted off—leaving me with a stark, humiliating two-tone look.

When I got to college and fell in love with someone, I let him see everything but my actual face; I went to great lengths to wake up first, run to the coed dorm bathroom, and fill in my spots. Once, on a group camping trip, I feigned exhaustion, burrowed into my sleeping bag, and missed out on hours of fun with my friends because I didn't have enough light to fix my makeup and I was worried that the campfire would reveal the relief map running across my cheeks.

It took me a long time to stop that nonsense. My skin eventually calmed down, which helped. But at 36, I still stash benzoyl peroxide in what should be my "sexy" drawer. And yes, of course, I lament the adolescent oil sheen that spreads across my very grown-up T-zone. What I don't do anymore is wake up first, run to the bathroom, and try to conceal my pimples. I will always long for a perfect complexion, but I'm not willing to battle my own reflection forever in pursuit of that elusive, genetically implausible Moby Dick.

Maybe I'm just lazy. Or maybe I'm flaunting my whiteheads in defiance of the patriarchy like the combination-skinned feminist I am! Mainly, though, I'm tired of hiding. I want to greet the day with my shiny forehead and my blemished chin and say, proudly—to my husband, to Beyoncé, to the world!—"You know what? Screw it. I woke up like *this*."

MILKING IT

Cheesy pizza, salty fries—we blamed our teenage acne on lots of delicious greasiness, but the one food that's likely sabotaging our skin in adolescence and beyond is surprising. "A series of studies show skim milk is most consistently associated with acne," says James. Many speculate that it's because of skim milk's sugar-to-protein ratio. So go back to putting real cream in your coffee, but skip the mocha-caramel creamer. "A diet low in sugar and processed foods seems to be best for your skin," says Zeichner. (One theory why there's no acne in Kitava: There's also no junk food.) "High-glycemic-index foods raise your glucose levels, spiking production of a growth factor—IGF1—that promotes breakouts," he says. And now that you're on a health kick: Eating fruits, vegetables, and fish more than three times a week is associated with fewer breakouts, according to a survey in the *Journal of the American Academy of Dermatology*. "High-antioxidant diets tend to be better for your skin; we think it's because they're anti-inflammatory," says Doris Day, a clinical associate professor of dermatology at NYU Langone Medical Center.

35% OF WOMEN IN THEIR 30s HAVE ACNE.

The Future Is Clear

If we had a crystal ball, we'd be gazillionaires. We'd also see these: the next generation of acne treatments.

A bacteria cure: There's a type of virus called phages—"and they're everywhere," says Jenny Kim, a professor of medicine, dermatology, and nutrition at the David Geffen School of Medicine at UCLA. "In cheese, in dirt, on your skin." They infect bacteria, and that's where things get interesting: "Different types of phages live off of different bacteria, and they can choose to kill their hosts," says Kim, who is studying the phages that infect *P. acnes* bacteria specifically. "If we can deliver them to the skin effectively," she says, "maybe we can find a cure for acne."

A vaccine: Yes, really. A shot is in the works that could make you immune to breakouts. "We found an antibody to a toxic protein that *P. acnes* bacteria secrete on skin," says Eric C. Huang, the project's lead researcher at the University of California, San Diego. "The protein is associated with the inflammation that leads to acne." The first phase of clinical trials on patients, which could take one to two years, will be under way soon.

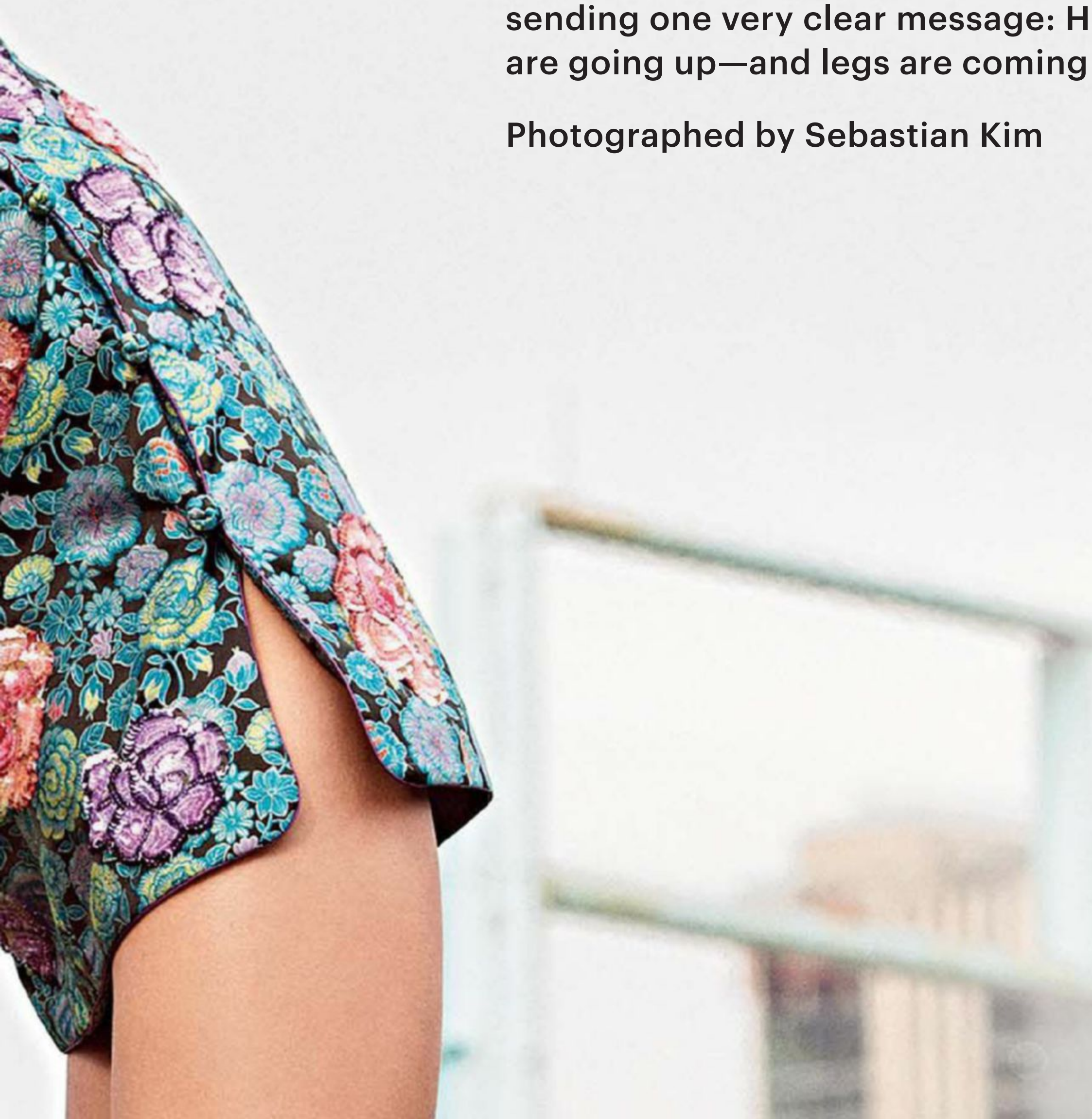
A probiotic therapy: "Feeding probiotics [good bacteria] sugars creates a ferment," says Huang, who is also studying one such ferment's ability to kill *P. acnes* before they cause breakouts. A topical gel that pits your skin's bacteria against one another could be developed soon.



Higher *Power*

They're teased with chinoiserie, draped in silk, and framed by leather. Spring is sending one very clear message: Hemlines are going up—and legs are coming out.

Photographed by Sebastian Kim



EASTERN STANDARD
Left, on Sasha Kichigina: Polyester dress by Marc Jacobs. Earrings by Adornmonde. Right, on Alanna Arrington: Polyester dress by Marc Jacobs. Makeup colors, on both: Kate Sculpting palette in Coral Glow and Lasting Finish by Kate Lipstick in Rock 'N' Roll Nude by Rimmel London. These pages: Hair, Peter Gray; makeup, Kristi Matamoros; manicure, Sheril Bailey. Fashion editor: Rachael Wang. Details, see Shopping Guide.



WRAP PARTY
Left: Silk dress by Diane von Furstenberg. Earrings by Kamryn Dame. Right: Silk jumpsuit by Diane von Furstenberg. Silver necklace by Ambush. Makeup colors, on both: Gimme Brow in 5 and They're Real Lipstick & Liner in Lusty Rose by Benefit. Details, see Shopping Guide.



SKIRT STRONG
Left: Viscose top and leather skirt by Céline. Leather boots by Marc Jacobs. Earrings by Jennifer Fisher. Right: Cotton top by Adam Lippes. Vinyl skirt by Sonia Rykiel. Python boots by Marc Jacobs. On both: Shimmer Strips eye-shadow palette in Bronze Nude by Physicians Formula. Details, see Shopping Guide.

Rise Up

Think of the shortest hemline in your closet. Hell, think of the shortest hemline in your past. Now lop off a good four inches. Welcome to spring, people.

It's no accident that the miniskirts and minishorts and minidresses of the season are being juxtaposed with shoes that can make the ground tremble with every stomp. In fact, that's the whole point. The real look of the season, the real accessory, the real "must-have"? Two things you already own: your legs.

There are a few ways to get your gams in fighting form. First you'll need a razor with a hundred blades—or, say, five. We like the Gillette Venus Swirl Razor and EOS Shave Cream. Shaving is exfoliating, so no need to use a scrub. If your legs aren't blessed with a healthy dose of natural melanin, you probably already know that self-tanner is a friend. But here's what you don't know—or at least keep forgetting: The amount of DHA in your self-tanner, not how much you apply, determines how deep the color will get. So lay it on thick. The more you apply, the more even your skin will look. Trust. You currently have 14,367 self-tanner options, so we're happy to share three of our favorites: The new Jergens Natural Glow Wet Skin Moisturizer goes on damp skin as soon as you turn off the shower, Vita Liberata Ten Minute Tan has express formulas beat by 50 minutes, and Clarins Self Tanning Instant Gel has never let us down.

Now for the real insider's hack: Once your self-tanner is completely dry, rub on a moisturizing serum. We highly recommend NYDG Luminizing Skin Essence. It's a toner-serum hybrid for face and body, but here's why you really care about it: It was the insider trick of Victoria's Secret Angels, who used it on their legs (and arms and faces) before walking the runway last November. It makes self-tanner look more natural, it makes the skin look soft and smooth, and it makes the legs look, you know, just, damn.

To be fair, the beauty of this look is not just in legs that are smooth, defined, or the length of tree limbs. (Though admittedly that doesn't hurt.) The real beauty in showing off our lower appendages is the feeling of empowerment that results. There's history here—a profound, hard-fought history. With every passing generation, what we cut off our hemlines, we added to our backbones. Showing off our legs was never just about showing off our legs. It was about our freedoms. Our bodies. Our stance. It was about standing up and looking out. Our legs carry us through the world. Celebrating them has always meant taking pride in them—and in ourselves.

And a hemline whose length is best measured in millimeters makes us stand taller. It makes us walk prouder.

It makes us unstoppable.

—**DANIELLE PERGAMENT**

BOOT CAMP

Opposite page, left: Leather top by Hermès. Silver bracelet by Jennifer Fisher. Right: Cotton jacket by Marni. Leather shorts by 3.1 Phillip Lim. On both: Airbrush Legs Leg Makeup in Medium Glow by Sally Hansen. Details, see Shopping Guide.



SHOPPING GUIDE

Cover: Wendelborn wool bodysuit, $360. Modaoperandi .com. Bottega Veneta knit top, $480. 800-845-6790. Narciso Rodriguez silk top, $895 for similar styles. Neiman Marcus stores. **Cover Look, page 16,** top, from left: Stella McCartney cotton top, $645, and pants, $1,625. Stella McCartney, Los Angeles. 310-273-7051. Georgina Trevino Contemporary Jewelry earrings, $130. Georginatrevino jewelry.com. Isabel Marant cotton-blend top, $345. Isabel Marant, San Francisco. 415-781-0113. Stella McCartney cotton pants, $1,065 for similar styles. Stellamccartney.com. Tibi earring, $675. Tibi.com. Sonia Rykiel cotton top, $550, and skirt, $790. Sonia Rykiel, N.Y.C. 212-396-3060. We Who Prey earrings, $55. Wewhoprey .com. Bottom, from left: Alix swimsuit, $198 for similar styles. Shopbop.com. Hervé Van Der Straeten bracelet, $897. Vander straeten.fr. Acacia Swimwear swimsuit, $213. Soleilblue.com. Marni earrings, $450. Marni stores. Mikoh swimsuit, $218. Thegirlandthewater.com. Loewe earrings, $1,290 for similar styles. Loewe.com. **Page 18,** from left: Wendelborn wool bodysuit, $360. Modaoperandi .com. Bottega Veneta knit top, $480. 800-845-6790. Narciso Rodriguez silk top, $895 for similar styles. Neiman Marcus stores. **Talking Beauty With Phillipa Soo, page 24:** Michael Kors Collection wool vest, $2,795, and silk top, $1,045. Select Michael Kors stores. **Page 26:** Emilio Pucci poplin top, $1,220. Emilio Pucci stores. **Beauty School, page 42:** Lelet NY hair comb, $148. Leletny.com. Urban Outfitters hair clips, $10 for a set of four. Urbanoutfitters .com. Lelet NY hairpin, $198. Leletny.com. Lelet NY hair comb, $68. Leletny.com. Jennifer Behr hairpins, $152 for a set of five. Jenniferbehr.com. **Elements of Style, page 74:** Cynthia Rowley lamé dress, $395. Cynthiarowley .com. Giamba embellished boots, $827, by special order. Capitol, Charlotte, North Carolina. 704-366-0388. Pamela Love silver earrings, $250. Barneys New York, N.Y.C. 212-826-8900. Third Crown necklace, $280. Thirdcrown.com. Agmes silver rings, $220 to $290. Agmesnyc .com. **Suit of Armor, page 129:** Alix swimsuit, $198 for similar styles. Shopbop.com. Hervé Van Der Straeten bracelet, $897. Vanderstraeten.fr. Acacia Swimwear swimsuit, $213. Soleil blue.com. Marni earrings, $450. Marni stores. Mikoh swimsuit, $218. Thegirlandthewater .com. Loewe earrings, $1,290 for similar styles. Loewe.com. **The Beauty of Diversity, page 131:** Stella McCartney cotton top, $645, and pants, $1,625. Stella McCartney, Los Angeles. 310-273-7051. Georgina Trevino Contemporary Jewelry earrings, $130. Georginatrevinojewelry .com. Sonia Rykiel cotton top, $550, and skirt, $790. Sonia Rykiel, N.Y.C. 212-396-3060. We Who Prey earrings, $55. Wewhoprey.com. Isabel Marant cotton-blend top, $345. Isabel Marant, San Francisco. 415-781-0113. Stella McCartney cotton pants, $1,065 for similar styles. Stellamccartney .com. Tibi earring, $675. Tibi .com. **Page 133:** Zero + Maria Cornejo cotton nylon sweater, $1,250. Zeromariacornejo .com. Maryam Nassir Zadeh bikini top and bottom, $262. Maryam Nassir Zadeh, N.Y.C. 212-673-6405. J. W. Anderson earrings, $1,650. J-w-anderson .com. Loewe bracelet, $1,150 for similar styles. Loewe, Miami. 305-576-7601. **Page 134:** Acacia Swimwear swimsuit, $213. Soleil blue.com. Marni earrings, $450. Marni stores. **Page 138:** Balmain viscose-blend top, $1,350. Balmain.com. Jade Swim bikini top, $90. Matchesfashion .com. Maryam Nassir Zadeh bikini bottom (sold with top), $262. Maryam Nassir Zadeh, N.Y.C. 212-673-6405. Hervé Van Der Straeten necklace, $897. Vanderstraeten.fr. **Page 140:** Alexander Wang cotton top, $525 for similar styles. Alexander Wang, N.Y.C. 212-977-9683. Jil Sander linen shorts, $520. La Garçonne, N.Y.C. 646-553-3303. Leigh Miller necklace, $345. Leighmiller.us. Alix swimsuit, $198 for similar styles. Mikoh swimsuit, $218. Thegirlandthewater.com. Loewe earrings, $1,290 for similar styles. Loewe.com. **Higher Power, page 159:** Marc Jacobs polyester dress, $3,800. Marc Jacobs stores. Adornmonde earrings, $78. Adornmonde .com. Marc Jacobs polyester dress, $3,800. Marc Jacobs stores. **Page 160:** Diane von Furstenberg silk dress, $398. Diane von Furstenberg, N.Y.C. 646-486-4800. Kamryn Dame earrings, $275. Kamryndame .com. Diane von Furstenberg silk jumpsuit, $398. Saks Fifth Avenue stores. Ambush silver necklace, $3,500. Barneys New York, N.Y.C. 212-826-8900. **Page 161:** Céline viscose top, $2,850, and leather skirt, $1,450. Céline, N.Y.C. 212-535-3703. Marc Jacobs leather boots, price available upon request. Marc Jacobs stores. Jennifer Fisher earrings, $535. Jenniferfisherjewelry.com. Adam Lippes cotton top, $690. Adamlippes.com. Sonia Rykiel vinyl skirt, $1,200. Sonia Rykiel, N.Y.C. 212-396-3060. Marc Jacobs python boots, $6,500. Marc Jacobs stores. **Page 162:** Hermès leather top, $10,400. Hermès stores. Jennifer Fisher silver bracelet, $685. Jennifer fisherjewelry.com. Marni cotton jacket, $1,730. Marni stores. 3.1 Phillip Lim leather shorts, $795. 31philliplim.com.

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Gugu Mbatha-Raw

FILLS IN THE BLANKS.

People tend to assume that I'm *serious*, but the truth is, I'm really quite *childlike* and occasionally even *nerdy*. My favorite part about my job is that I *get to play pretend*, but if I could switch lives with anyone for 24 hours, I'd swap with *a hummingbird* and do nothing but *smooch flowers* all day long.

My biggest hair mistake was the time I *bought hair straighteners*, but my proudest hair moment was when I *threw them out*.

And I'll tell you something I've never admitted to anyone: I go out of my loving mind for *baked beans on marmite toast*. It is what it is—I can't help myself.

And while I'm confessing, here's another: If I ever got another tattoo, I'd get a ______ on my *earlobe*. Oh, and one more: My single favorite way to consume 800 calories is *never thinking about calories*.

Obviously we all hate traffic, but I deal with it by listening to *Joni Mitchell* or daydreaming about *world domination*. Any chance I get, I go to *the beach*. It's just the most *soothing* place in the world. On the flip side, nothing gets on my nerves more than *weak tea*.

Time to peace out. I have to go *kick-boxing*

Gugu x



Gugu Mbatha-Raw plays Plumette in the live-action movie adaptation of *Beauty and the Beast*. For details on a few of her favorite products (shown here), see Shopping Guide.

JON KOPALOFF/FILMMAGIC (MBATHA-RAW); JOSEPHINE SCHIELE (STILL LIFE)

